



Dear Parent/Carer,

Re: **Invitation to Parent/Carer Session Regarding Year 5 Girls Preparing for Puberty Lesson**

As part of our statutory obligation to deliver Relationships Education and Health Education progressively throughout the school, we will be inviting experienced staff from an outside agency, HH Kids, to deliver the above lesson to our Year 5 girls. The staff who deliver the lesson have worked within the field for many years and are highly skilled in their delivery. If you wish to find out more information about this agency, please view their website at www.hhkids.co.uk. School will review the lesson content and resources to ensure they are age appropriate and meet the needs of our pupils.

The lesson will be delivered on **21 March 2023** and will cover:

- When and how puberty starts
- Some of the physical body changes as girls approach puberty
- The menstrual cycle and the products available
- Different feelings as young people go through puberty and how to deal with them positively

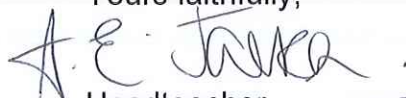
This will provide a basic introduction to this topic, as it will be covered in greater detail when your child is in Year 6. Delivering this content ensures we are fulfilling the legal requirements set out in the Department for Education statutory guidance 2020, which outlines our duty to deliver key facts about puberty and the changing adolescent body.

To provide you with details of the content of this lesson, we would like to invite you to attend a parent/carers session prior to delivery. This will give you the opportunity to meet the member of HH Kids staff delivering the lesson and to view the resources they will use. We see this as an important part of this work to enable you to be prepared for questions your child may ask, or to discuss the issues raised during and after the lesson. Evidence shows that children and young people greatly value being able to talk to their parents/carers about these issues.

The parent/carers session will be held on **14 February 2023 at 3.30pm-4.30pm**. Please complete and return the reply slip by **13 February 2023** if you would like to attend.

If you would like to discuss any of the above, please do not hesitate to contact me.

Yours faithfully,



Headteacher



Please complete and return to school no later than 13 February 2023

Year 5 Puberty Lesson – Parent/Carer Awareness Session

I would like to attend the Year 5 parent/carers awareness session to be held on **14 February 2023** at **3.30pm**:

Name of child _____

Signed _____ (parent/carers)

Date _____