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Headteacher: Mr M W Nunn BA(Hons), NPQH

DATE: 17<sup>th</sup> May 2022

## SUBJECT: Relationships and Health Education Y5

Dear Parents/ carers

After half term we will be starting our lessons on Relationships and Health education as part of the 'Growing and Changing' section of our PSHE lessons. All elements of these lessons are statutory. In Year 5, we will be looking at **Puberty**. In this unit we will:

- Explain what puberty means
- Describe the changes that boys and girls may go through during puberty
- Identify why our bodies go through puberty
- Develop coping strategies to help with the different stages of puberty
- Identify who and what can help us during puberty

Further information can be found on the school website but if you have any further questions, please contact your child's class teacher

Yours sincerely

Ms Kaur & Miss Line

