



Little Hill Primary School

Headteacher: Mrs Vina Pankhania

Launceston Road, Wigston, Leicestershire, LE18 2GZ

Telephone/Fax: 0116 281 1963

E-mail: office@littlehill.leics.sch.uk

Twitter: @LITTLEHILLSCH

www.littlehill.leics.sch.uk

Part of the OWLS Academy Trust

7th April 2022

Dear Parent/Carer

Year 5 Sessions on Puberty and Body Changes

As part of the School's Science and PSHE programmes of study, your child is soon to receive lessons concerning puberty and changes to the body. These lessons build upon previously learnt knowledge in Year 4.

Nowadays, there is a vast amount of information about body image and changes on the internet, TV and in magazines which young people often have access to. This can sometimes make an already confusing time seem even more complicated.

If young people can start their transition into adulthood with good information and with the confidence and knowledge to understand the changes they are going through, they will hopefully grow into confident and healthy adults who are able to make positive life choices. This can start with furthering their knowledge at school about growing up and these sessions may reinforce what you are already doing at home.

The human body, changes and puberty education are important issues which concern us all. The sessions will include the following:-

- Recapping knowledge learnt in Year 4 (hygiene and growing up);
- Knowing the physical and emotional changes during puberty for both boys and girls.
- Knowing the menstrual cycle is a positive sign of a healthy body
- Identify external sexual body parts and their function
- Discussing the difference between 'doctor' body part names and rude words

As with all areas of the curriculum, teachers aim to answer children's questions in a frank and honest manner and are best placed to decide at what level any discussion should be aimed for the class as a whole, small groups or the individual. In some of the sessions we will be showing parts of the DVD 'Living and Growing'

Please feel free to contact either of us to discuss any concerns or queries.

Yours sincerely

H Gray

K Meadows

Mrs H Gray
Year 5 Class Teachers

Mrs K Meadows



The OWLS Academy Trust is an exempt charity and a company limited by guarantee, registered in England
Company Number: 8537140; Registered office: Langmoor Primary School, Kenilworth Drive, Oadby, Leicester, LE2 5HS.