

Bradford School Nurse Team
0-19 Family Health Services,
New Mill
Victoria Road
Saltaire
Bradford
BD18 3LD
Tel: 01274 221203]
www.bdct.nhs.uk

Dear Parent/ Guardian,

Re: Year 5 Puberty PSHE Lessons

As part of the PSHE curriculum, we have a responsibility to educate our children about growth, development and puberty.

The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to speak with me prior to starting this unit.

There will be a talk to pupils focusing on the physical and emotional changes they will experience and to help prepare them for their physical, emotional and social development. In addition, they will discuss health and hygiene matters. Please note this is not a talk about sexual education.

The School Nurse Team are trained to ensure the children learn medically accurate, age-appropriate, and shame-free information. They also create a fun, safe and inclusive learning environment for all children. The goal of the health promotion session is to help your children learn the facts and to make good decisions now, and later in life. This session is taken from the government PSHE curriculum guidance.

Below are few examples of topic areas that may be covered during the puberty activities:

- The changes in the body, mind and emotions, that most people experience during adolescence.
- Personal hygiene and the importance of taking care of yourself.
- The reproductive systems functions.
- Making good decisions and staying away from risky activities.
- Encouraging children to talk with their family members

This education is not a substitute for what you teach in your home, but it can play an important role in preparing your children for their future. It is our belief that you, as parents/caregivers/guardians, play the most important role in the formation of your children's values and behaviours related to human growth and development.

Trust Chair: Dr Linda Patterson
Chief Executive: Therese Patten

This will take place on Tuesday 27th June.

You can obtain more information regarding the content of the session on our website where we have discussed the rationale for the session and some common queries and worries from parents/carers.

https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/

You have a statutory right to withdraw your child from this session, however, should you have any questions or concerns then please feel free to come and discuss these with the class teacher or the School Nurse Team.

Yours sincerely

BDCFT School Nurse Team and the Year 5 team

Follow us on social media:



 @BdcftSNS

 @bdcftschoolnursingteam

