

School Health Nurses Office
Didcot Health Centre
Britwell Road
Didcot
OX11 7JH

Telephone: 01235 515503
Website: www.oxfordhealth.nhs.uk

Dear Parent / Carer,

I am delighted to have been invited to support the puberty education delivered in school this year. This work will compliment the school curriculum and your teaching at home surrounding the changes pupils will experience during adolescence.

I use the Channel 4 'Living and Growing' resources which are specifically designed for this age group and aim to reduce embarrassment, use age appropriate information and respect family values.

Year 5 and year 6 pupils will have a session entitled 'Changes' discussing how we grow and change throughout our lives. We will discuss the changes that occur during puberty, both physical and emotional. We also teach the NSPCC 'Underwear Rule' <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> This will also incorporate raising awareness of female circumcision which is an illegal practice that some primary school girls are at risk of.

Year 6 pupils will also discuss 'How babies are made'. We will discuss life cycles, the reasons for this, the importance of friendships and adult sexual relationships.

Both sessions will focus on self-esteem and decision making to enable pupils to be confident, stand up for their beliefs and resist peer pressure in the future.

The children will have the opportunity to ask questions and review the lessons. All pupils will be encouraged to talk with their parent / carer about the aspects of puberty that are discussed. The NHS choices website pages on puberty provide useful information and resources to support your discussion with your child: <http://www.nhs.uk/Livewell/puberty> ,and a leaflet on periods can be viewed or printed from the FPA website : <http://www.fpa.org.uk/sites/default/files/periods-what-you-need-to-know.pdf> .

If you would like to discuss these sessions further or have any concerns regarding your child please do not hesitate to contact me.

Yours sincerely,

Naomi Hart
Community Staff Nurse, School Nursing Team (Primary)