



Friday 28th June 2024

Dear Parent/Carer

On Friday 5th July, the school nurse, Helen, will be talking to the Year 4s about puberty, hygiene and periods. These talks are delivered in an age appropriate way in line with our RSE curriculum unit 'Changing Me'. This unit was sent to you via a text message containing a link.

The sessions are regularly updated based on JIGSAW information and on recommendations from PSHE Association <https://pshe-association.org.uk>

This lesson will be delivered to all of the children, girls in one group and boys in another group.

The sessions will cover:

#### PUBERTY – Menstruation

- Puberty
- Correct names of female reproductive organs
- Periods (Menstruation) and products that are used
- Hygiene & keeping healthy
- Physical and emotional changes
- Vocabulary used will be:  
puberty, menstruation, menstrual cycle, periods, menstrual/sanitary pads/towels, period pants, vagina, vulva, ovaries, oestrogen, fallopian tube, fertilised.

This is a non-compulsory element of the PSHE curriculum. Please contact us at school if you wish to discuss this further or have any questions.

We hope that this will give you the opportunity to have discussions at home about this learning if you would like to do so.

Yours sincerely

Mrs A Thompson  
Head of School

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