

Dear Parents and Carers,

This half term, as part of the Year 3&4 science curriculum, and their Personal, Social, Health and Economic education, LKS2 pupils will be studying a unit on Growing and Changing. In this unit of work, pupils learn:

- about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing
- about the male & female reproductive system and how babies are made
- how puberty can affect emotions and feelings
- how personal hygiene routines change during puberty
- how to ask for advice and support about growing and changing and puberty.

It is important that pupils access this learning before they reach puberty, so that they are informed and equipped to deal with the changes they will face. If you have any questions or concerns about the subject matter, please feel free to contact me.

Kind regards,

Year 3 & 4 teachers