



Dear Parents and Carers,

Next week, as part of the school's Personal, Social, Health and Economic education, Year 4 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, erections and wet dreams
- 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 us.

Kind regards,

Mrs Allen and Miss Goodwin

