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[www.bdct.nhs.uk](http://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 the team or your child's class teacher prior to this, if you require.

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, safety and hygiene matters. Please note this is not a sexual education talk.

The School Nurse Team are trained to ensure the children learn evidence based, 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 about themselves and to make good decisions now, and later in life. This session is taken from the UK 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 male and female reproductive systems functions.
- Making good decisions and staying away from risky activities.
- Encouraging children to talk with adults they trust.

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 talk, to be delivered by our professionals will take place in school on Wednesday 18 June 2025.**

**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/](https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/)**

Yours sincerely

BDCFT School Nurse Team

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