



**St Luke's**  
C of E Primary School



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Wednesday 16<sup>th</sup> September 2020

Dear Parents and Carers,

During the afternoon of Monday 28<sup>th</sup> September and Monday 5<sup>th</sup> October, your child will be having a lesson about puberty which is linked to our Science unit 'Animals including Humans', which should have been covered in Year 5. Due to lockdown and children missing this unit, we have decided to teach it in Year 6 as it covers vital information about the children and their body changes. Here is a brief outline of what is involved in the sessions and why.

### **The aim**

The aim of the sessions on puberty is to help and support your children through physical, emotional and moral development that will happen to all of them. Throughout the sessions the children will be encouraged to respect themselves and others enabling them to move with confidence from childhood into adolescence. Year 5/6 is an important time to discuss body changes as puberty can begin as early as 8 years of age. It reduces anxiety for the children if they realise what is happening to them is normal.

### **Content**

During the afternoon of Monday 28<sup>th</sup> September, we will be discussing body changes for boys and girls together. During the afternoon of Monday 5<sup>th</sup> October, the class will be split into gender groups where Miss Redden will be leading the session with the girls and Mr Alford leading the session with the boys. Each group will be discussing changes within the body specific for their gender which will include wet dreams and periods. Throughout the session, there will be lots of opportunity for discussion and anonymous questions. This session will be delivered carefully, following the Year 5's National Curriculum Science aims and St Luke's Relationship and Sex Education Policy.

### **Why is it important to teach about puberty, sex and relationships?**

It will help the children to understand how they are or will be developing and tackle issues that are part of growing up in a safe and nurturing environment. The information will help them to have knowledge and understanding, leading to confident, healthy and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way. Research shows that children want to talk about growing up with their parents and carers as well as in school.

### **What is your role as parents?**

We are happy to take your child through these sessions and answer their questions but parents have a key role to play in their child's education around puberty. Research shows that young people want to receive their initial sex and relationship education from their parents. This maintains the culture and ethos of the family. It will also mean that if they have difficulties in the future with these issues, they will be comfortable to turn to you for support.

So here are some things you can do with your children:

- Help them learn the correct names for parts of their body.
- Talk to your children about feelings and relationships.
- Finally, do answer their questions about these issues.

If you are feeling uncomfortable a good time to talk is in the car, or during another everyday activity.

If you have any questions or concerns please do not hesitate to come and speak to me or contact the school office to speak over the phone.

Kind Regards,  
Miss Redden