

Dear Parents/Carers

As part of the compulsory Year 3 and 4 Personal, Social and Health and Economic Education (PSHE), this half term we will be learning about puberty.

Children can start to go through puberty from the age of 8 (Year 3) and the physical and emotional changes that take place can be very confusing, and even frightening, if they do not accurately understand what to expect. Children need help to make sense of the messages they have may picked up (including from the media) about our bodies, puberty and how a variety of relationships work (e.g. with friends, parents and carers, family members, romantic and sexual relationships).

Being aware of and able to talk about their body, relationships and feelings is vital for children to stay safe and seek help if they feel at risk or are being harmed. Relationships and Sex Education (RSE) is embedded into our PSHE curriculum and is important to help and support children through their physical, emotional and moral development. It helps children grow up able to enjoy the positive benefits of loving, rewarding and responsible relationships. It makes sure they are informed and comfortable with their bodies; that they understand the changes during puberty; that they are healthy and are physically and emotionally safe.

Within the health aspect of PSHE/RSE they will learn:

- To discuss the differences and similarities between male and female bodies.
- That puberty is normal and happens to every child when growing up. This is often, but not always between the ages of 9 and 12.
- That male bodies grow through changes such as growing extra hair, sweating, acne/spots voice deepening, growing genitals and hormones that may affect their mood.
- That female bodies grow through changes such as growing breasts, growing hair in new places, sweating, acne/spots and hormones that may affect their mood. They will also be introduced to some basic information about the menstrual cycle and ways to prepare for this.

Parents and carers are the key people in educating their children about their bodies and how they change. Often, children want their parents/carers to be the first people who talk to them about these topics. Parents and carers have a unique emotional relationship with their child and knowledge of their maturity, and they can respond to their questions more spontaneously as they arise. The teaching offered by school should complement and support the teaching you provide at home. We understand that some questions may be difficult to answer, and some conversations are not always the easiest to have. The following websites may be useful to you for further guidance and advice.

www.always.com for puberty and menstrual advice for girls.

www.kidshealth.org/en/kids/grow/ for advice on a wide range of topics for children and families.

www.bbc.co.uk for searchable informational webpages and videos on a range of PSHE topics such as puberty and growing up.



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As always, if we can support you further in any way or if you would like more information on what the children will be learning, please speak to your child's class teacher. If you would like further information on how to support your children at home through these changes, please get in touch.

Kind regards

E Starkey

PSHE Lead

