



St Thomas' Moorside CE (VA) Primary School
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East Crompton St James' CE (VA) Primary School
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To Parents of Year 5

Dear Parents

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. Over the next couple of weeks, we will be doing some work around this, which will include changes that occur in adolescent bodies and the onset of puberty.

In particular, we will cover:

- Key facts about puberty
- Menstrual cycles/menstrual wellbeing
- The main changes that take place in males and females and the implications for emotional and physical health

Please note that Sex Education will be taught once your child goes to secondary school.

For more information, please visit www.gov.uk for the new statutory PSHE guidance.

Thank you for your continued support

Miss Lawton & Mr Skeldon
Year 5 class teachers