



'Spurring each other on with love'

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Headteacher: Mrs Tameka Hue Hamilton

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Dear Parents and Carers,

We hope this letter finds you well. We are writing to inform you about an important topic that we will be covering in our science lessons in the next couple of weeks: puberty.

Puberty is a natural phase of development that every child goes through, and it is essential for them to understand the changes that occur during this time. Our lessons will focus on the key knowledge about how bodies change during puberty, including physical, emotional, and hormonal changes.

One of the topics we will discuss is menstruation, which is a significant aspect of puberty for girls. We will provide information about what periods are, why they happen, and how to manage them. Our goal is to ensure that all students feel informed and comfortable with these changes.

We understand that this topic can be sensitive, and we aim to approach it with care and respect. If you have any questions or concerns, please do not hesitate to contact us.

Thank you for your support in helping our students navigate this important stage of their development.

Sincerely,
The Year Five Team

