

5th January 2026

Dear Parents,

We want to let you know that we will soon be learning about puberty in our Personal Social and Health Education (PSHE) lessons.

The purpose of these sessions is to provide knowledge and understanding of how the human body changes during puberty and to inform our pupils before these changes happen to them. If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of the upcoming sessions are to:

- 1 Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Foster self-awareness and self-esteem.
- 3 Develop a sense of responsibility and respect for themselves and others.

Our unit of work includes age-appropriate resources and input from the class teacher. The staff aim to present the unit in a balanced and sensitive way, appropriate to the emotional maturity of the children.

This unit of work is statutory and forms part of the National Curriculum therefore children are expected to attend all sessions. We are happy to discuss the content of sessions with you should you wish.

Yours sincerely

Laura Phillips
UKS2 Phase Leader