



CARLETON PARK

J & I SCHOOL

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Dear Parents/Carers

As part of the compulsory RSE curriculum for KS2, after 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 if they do not accurately understand what to expect. Children need help to make sense of the messages they may have picked up (including from the media) about their bodies and puberty.

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. Our curriculum makes sure they are informed and comfortable with their bodies and they understand the changes during puberty to feel physically and emotionally safe.

Within the health aspect of PSHE:

LKS2 will learn the names of the internal and external genitalia and organs linked to puberty and about the physical and emotional changes that girls and boys will go through. They will learn that:

- puberty is normal and happens to all children.
- During puberty, you will experience both physical and emotional changes.

UKS2 will recap the names of the internal and external genitalia and organs linked to puberty and about the physical and emotional changes that girls and boys will go through. They will learn that:

- Puberty is normal and happens to all children. During puberty, you will experience both physical and emotional changes.
- Menstruation (otherwise known as 'periods') is monthly bleeding that will start at some time during puberty and is part of your body's monthly cycle.

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

www.kidshealth.org

www.what0-18.nhs.uk

As always, if we can support you further in any way, please speak to your child's class teacher.

Kind regards,

Mrs. S Humphreys

Assistant Headteacher, Designated Safeguarding Lead, SENCO & **PSHE Lead**