



BURLINGTON JUNIOR SCHOOL

Headteacher: Mrs P Utting
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Monday 15th April 2024

Dear Parents/Guardians,

After half term, as part of our PSHE and Science curriculum, we will be looking at what changes occur during puberty, as girls and boys grow into young adults. The table below shows the themes which will be covered in each lesson. We will endeavour to keep to this weekly overview.

Week 1	<ul style="list-style-type: none">- Exploring self-image and self esteem- Describing the physical changes as humans get older
Week 2	<ul style="list-style-type: none">- Explaining how a female body changes during puberty- Describing the changes our bodies go through during puberty
Week 3	<ul style="list-style-type: none">- Describing how male and female bodies change during puberty and describe how children feel about the change (recap)- Discussing personal hygiene
Week 4	<ul style="list-style-type: none">- Understanding that sexual intercourse can lead to conception and that is how babies are usually made
Week 5	<ul style="list-style-type: none">- Identifying what the children are looking forward to about becoming a teenager and understanding that this brings growing responsibilities.
Week 6	<ul style="list-style-type: none">- Identifying what the children are looking forward to when they move to their next class

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Although we would encourage all children to attend all sessions, parents do have the right to withdraw their children from the week 4 lesson **only**, which covers conception. This lesson falls under Sex Education. Parents will need to notify class teachers in writing if they wish to do this.

The children will also have two sessions from the school nurse on Monday 17th June and Monday 24th June. These sessions will recap learning about different types of relationships and physical changes during puberty.

We will be holding a meeting for parents/ carers to view resources and ask questions. The meeting will be in the Junior Hall at 3:30pm on Thursday 2nd May 2024. This will be for adults only but we will have a member of staff available to supervise children in a Year 5 classroom during this time.

Please do not hesitate to speak to your child's class teacher if you have any questions.

Yours faithfully,

Miss Golding

Year 5 Team Leader

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