



Warren Road Primary School

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Monday 10th October 2022

Dear Parents / Guardians,

Year 5 Puberty Video/Talk

After October half-term, as part of the statutory Year 5 PSHE (Personal, Social, Health and Economic Education), RHE and Science curriculum, we will be showing and discussing a number of short videos entitled "Busy Bodies". These films explain the changes our bodies go through during puberty, as well as emotional changes, hygiene, and looking after ourselves.

If you would like to view the videos prior to the session, please use the following link:

<https://vimeo.com/user/96707063/folder/729017> - When you click this link, you may be prompted to log in to access the videos. In order to do this, you will need to either create a basic free account or you can log in through Google, Facebook or Apple.

Please note, we do not show the video entitled "How Babies Are Made".

Your child will be shown the videos for both boys and girls in a safe and respectful environment in order to aid their ability to communicate, understand and respect each other in the future. In a subsequent session, they will be split according to their gender and be given an opportunity to reflect upon what they have learnt as well as ask any questions that they may have. In this session, girls will also get the opportunity to practice putting sanitary towels into underwear- these resources will be provided by the school. It is worth noting that we do keep these items in school in case your child needs them in the future.

Other links you may find useful in discussing puberty and health with your child include:

<https://www.fpa.org.uk/download/periods-what-you-need-to-know/>

(click download to access the material)

<https://www.schoolhealth.cnl.nhs.uk/primary-school-children/health-and-wellbeing-zone/puberty/>

These links are for parents to access.

Should you have any questions, please speak to your child's class teacher.

Yours sincerely,

The Year 5 Team

