

Wednesday 14<sup>th</sup> March

Telephone 01432 363511

[www.herefordcs.com](http://www.herefordcs.com)

Dear Parents,

During Year 5 and 6 your children are given the opportunity to attend sessions dealing with some of the changes they will encounter during the next few years.

The programme is as follows :

**Year 5 girls only :**

A simple one week session dealing with periods, use of sanitary protection and how to dispose of items and cope in the school environment. We are aware that some girls do start unexpectedly early and feel, for this reason, that the topic should be aired in the final half term of Year 5. Mrs Fran Jennings, one of the school nurses, will deliver this talk.

**Year 6:**

Wk 1 Introductory session explaining the purpose of the course, content etc. and setting the boundaries for discussion and video outlining the changes that occur during puberty

Wk 2 Girls: revisiting periods, use of sanitary protection etc.  
Boys: physical development, voice change etc.

Wk3 Personal hygiene

Wk 4 Exercise and diet

Wk5 Friendships and other relationships

The aim is to give general information in an honest and impartial manner, using correct terminology. Basic human reproduction is covered separately as part of the Science curriculum. Attendance at these sessions is not compulsory, but children in the past have found them helpful and we would strongly recommend that your child takes part. The sessions will take place on Wednesdays, during PSHE time, so that no other lessons or activities will be affected. The sessions for Year 6 will not begin before the Spring Term.

If you have any concerns, I will be happy to discuss these with you, as will your child's form teacher. If you decide that you would prefer that your child does not take part, please put the request in writing. A full 'Sex and Relationships (SRE) policy' is available on the school website or, on request from the School Office.

Yours sincerely,



Mrs Sally Price  
Head of PSHE