

Dear Parents and Carers,

We have invited Coram Life Education, a leading UK provider of health and wellbeing education, to Excalibur Primary School to work with our Year 5 and 6 pupils on 27th September 2018 .

The pupils will be taking part in a puberty workshop specially designed to provide them with key information about this principle change in young people's lives. The sessions will be run separately for girls and boys with a teaching focus on physical, psychological and emotional changes experienced during puberty.

Teaching about puberty is part of the Science National Curriculum. The curriculum states the statutory (legal) requirement that: ***"Pupils should be taught to describe the changes as humans develop to old age."***

In addition, teaching about puberty is an integral part of the Programmes for Study for Science in Key Stage 2 which states that: ***"Pupils should draw a timeline to indicate the changes in the growth and development of humans. They should learn about the changes experienced in puberty."***

The **NHS** advice states that puberty can begin as early as 8 for girls and 9 for boys. Therefore, ideally, Year 5 would be the **latest** time in a school that this should be taught.

On the reverse of this letter is an outline of the key elements this valuable session will cover.

Coram Life Education has over 25 years of experience of delivering carefully planned, age-appropriate health and wellbeing programmes to primary-age children. Their work has achieved the Department of Health's Information Standard quality mark for the accuracy and suitability of its materials; their educators are highly trained and work sensitively with children in order to develop their knowledge, skills and confidence in relation to all aspects of physical and emotional health and wellbeing, so that they can make the positive, safe health choices needed to help them fulfil their potential and lead happy, healthy lives.

Please do not hesitate to contact me should you have any further questions about the sessions.

Yours sincerely,

Mrs Cheadle

More details over....

Time for Change: Growing Up and Moving On at Puberty Year 5/6

Session Learning Outcomes:

KNOWLEDGE	
1	Understand that 'puberty' describes the changes a human goes through as it changes from a child to an adult.
2	Understand that everyone is unique and feel a sense of worth.
3	Understand that puberty involves changes that are physical, emotional and psychological.
4	Name female & male reproductive organs and begin to understand their function.
5	Identify ways girls and boys change during puberty including physical changes and emotional changes.
6	Understand the term 'menstruation' and know that this starts during puberty for girls but that different girls start at different ages.
7	Identify skills of assertiveness and understand how these can help keep someone safe.
SKILLS	
8	Identify ways of managing situations.
9	Demonstrate strategies and skills for supporting others.
VALUES & ATTITUDES	
10	Appreciating differences between people and respecting one another.

What pupils taking part in the Time for Change session have said about it...

"I feel really happy that I know everything I need to know."

"The lesson was interesting and it made me feel better and comfortable."

"It was very helpful and I learned more than I thought."

"I enjoyed the session. It's helped me get ready for the body changes." "I think this was useful I am more confident about changes."