



## HIGH STREET PRIMARY

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Dear Parents/Carers,

As part of our PSHE and Science curriculum, Year 5 & 6 will be covering a unit titled 'Changing Me'.

The focus of this work relates to: friends, families and relationships; the changes which occur during puberty, why they occur and how to deal with them; human reproduction within a loving, stable relationship; and the development and care of babies. We will also be focussing upon change and transition, and preparing the children for the coming new academic year.

The purpose of this letter is to inform you that this work will begin on Monday 20<sup>th</sup> February. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues such as those above (puberty, boyfriends and girlfriends and the emotional changes which they might experience) before the work is covered in school.

If you have any queries about the content of the programme or resources used please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish.

If you have any concerns regarding these lessons we would encourage you to speak with your child's class teacher as soon as possible. However, if you still feel that you do not want your child to be involved, you have the right to withdraw them from these sessions.

We strongly believe that children who have a greater understanding of these subjects are better prepared for change and are able to make healthier choices for their future.

Yours sincerely,

Mrs Hedger  
Subject Leader for PSHE