

Dear Parents,

Hello! We hope that this letter finds you all safe and well.

Alongside the summer grid that is attached, we wanted to also look at PSHE. During this term, we would ordinarily address puberty with the children, however it is approached with sensitivity so we felt it not appropriate to add to the grid. Some of you will have covered the topics involved, such as bodily changes and periods, which is great, and some are yet to discuss these topics, which is also fine. We would suggest that this time at home would be the perfect opportunity to walk through the process with the children as historically they are more than ready at this age to understand the inevitable changes heading their way.

In class, we always use scientific vocabulary to avoid any misinterpretations for the children within their relationships and education. This obviously creates great merriment and we let them have a good giggle, then they quickly become engrossed in the topic and naturally inquisitive. We talk to the children about the changes that happen to both males and females and find that this helps them to respect and care for their peers that little bit more, and also to understand why emotions may run high at times etc.

We have had a look around online for suitable clips or videos - there are clips on the BBC website but we would fully recommend you watch through each clip without the children, to ascertain suitability. It may be a case of you, as adults, watching them all and picking and choosing the most suitable, however please remember that as Year 5, we only address puberty as in changes in the body and menstruation and not sex education, which is covered later in Year 6 and 7. So please do check and monitor any sites used.

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7>

<https://kidshealth.org/en/kids/puberty.html>

We know that your children are amazing and that the best place to be for them at the moment is home with you, but we also want you to know that we miss them, their smiles and laughter, their questions and energy and their support of each other. Please do not feel pressure to complete the grids, all we ask of you is to do what is right for your whole family and for you all to keep safe and well. When the time is right we will pick up the baton and continue forward. Until then, take care and enjoy them for us!

Kind Regards  
Mrs Wallace and Miss Allnutt  
Y5 Mozart and Lovelace

PS. Please say hello to them from Mrs Kitching, Mrs Newman, Mrs Whiffen, Mrs Young and Mrs Beddows.