

15th May 2017

Dear Parents/Carers

YEAR 5 CHANGES AND GROWING UP – PSHCEE SUMMER TERM

After the May Half Term, Year 5 will be beginning a new unit of work in PSHCEE called 'Changes and Growing Up'.

It is hoped that you may find these guidance notes helpful during the period of the course and in future discussions with your son/daughter.

This unit of work revolves around the idea that children in Year 5 may be beginning to change emotionally and physically. The lessons are a way to explain what these changes might entail, that they are perfectly natural, how to deal with them and who else might be affected.

Outline of the six programmes within the course

Lesson	Title	Areas Covered
1	How do I deal with change?	To know that there are different ways to feel about change.
2	How others deal with change?	To know how others may react to change.
3	What to do about negative changes.	To know how to deal with changes that we might not like.
4	How does our body change?	Puberty in girls and boys.
5	What is menstruation?	To know what menstruation is, who it affects and sanitary protection available.
6	Changes at different rates	To know that emotional and physical changes happen to different people at different rates.

These lessons will be run as a whole class, but each Class Tutor will provide an opportunity for children to approach them individually or in small groups if necessary.

If you would like further details about the course, or if you have any concerns, then please do not hesitate to contact your child's tutor.

Yours sincerely



Miss Bustard
Leader of Faculties (Humanities)