

17 November 2020

Dear Parent/Carer

Year 8 students will be studying Health Education as part of the Personal Development Curriculum this term. They will soon be receiving a lesson on Puberty.

Puberty is a time of change and growth for children and it is a National Curriculum requirement that students are provided with the knowledge and understanding of how the human body changes during this time. This unit will provide the students with the opportunity to learn about the basic physical and emotional changes that occur during puberty. Being prepared and knowing the changes that will occur assists in developing positive coping strategies, and the first steps towards adapting well to adolescence.

The boys and girls will be taught separately, allowing them an opportunity to share experiences or ask questions openly. They will be offered literature to support their learning and the girls will be offered sanitary products to take away with them, if they wish.

All teaching materials are appropriate to the age and emotional maturity of the students concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

Please contact me if you wish to discuss this further.

Yours sincerely



Miss N Pitt  
Head of Year 8