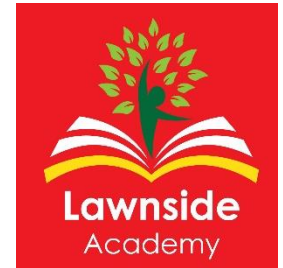


Lawnside Academy  
Lawnside  
Biggleswade  
Bedfordshire  
SG18 0LX

Website: [www.lawnsideacademy.org.uk](http://www.lawnsideacademy.org.uk)  
Telephone: 01767 312313  
E-mail: [LSA-office@bestacademies.org.uk](mailto:LSA-office@bestacademies.org.uk)



Dear Parents and Carers,

### Re: Puberty Lessons – Year 5 PSHE Curriculum

As part of our Personal, Social, Health and Economic (PSHE) education programme, Year 5 pupils will be taking part in a series of lessons this half-term focused on understanding the changes that occur during puberty. These lessons are an important part of the statutory Health Education curriculum and are designed to be age-appropriate, informative, and sensitive to the needs of all children.

The sessions will cover topics such as:

- Physical and emotional changes during puberty (including menstruation and wet dreams)
- Personal hygiene
- The importance of respecting oneself and others
- How to ask questions and seek support when needed

Our aim is to provide pupils with accurate information in a safe and supportive environment, helping to prepare them for the changes they may begin to experience over the next few years.

If you would like to find out more about the content of these lessons or view the teaching resources, we welcome you to get in touch with the school or arrange a time to speak with your child's teacher.

We understand that these are sensitive topics, and we are committed to working in partnership with parents and carers to ensure that pupils feel confident and informed. Should you have any questions or concerns, please don't hesitate to contact us.

Thank you for your continued support.

Kind regards,

**Z Russell**

PSHE Lead



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MUSIC MARK  
SCHOOL  
2023 - 2024

