



14<sup>th</sup> June 2024

Dear Parents and Carers

### **Year 5 Relationships and Health Education**

During the next few weeks, Year 5 will be teaching the pupils the objectives in the relationships and health curriculum.

Objectives taught will include:

- What is puberty? Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes and the differences between males and females (Health Education)
- About menstrual wellbeing, including the key facts about the menstrual cycle. (Health Education)

These areas of learning are vitally important to all children and the school recognises that parents and carers are the main educators in these parts of education.

At Burwell, we want to inform parents about these areas of the curriculum so that we can work together to support children in these essential parts of their education.

If you have any questions please do not hesitate to get in touch.

Many thanks

*S Bradley*

Mrs Sarah Bradley