



**Building Personal Success**

Brampton Primary School  
Brampton Road  
London E6 3LB



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Mrs P Kettory  
Headteacher

Dear Parents and Carers,

**Re: Summer 2 PSHE Curriculum – Year 5 Puberty and Menstruation Lesson**

As part of the Year 5 PSHE curriculum at Brampton Primary, the children in Year 5 will be learning about puberty, including menstruation, next half term. This lesson will be taught by members of the Senior Leadership Team and the Year 5 teachers. The aim of the lesson is to ensure that all children know about the changes that occur during puberty before they begin experiencing the changes themselves. This enables children to feel safe and secure about growing up and gives them a safe space to talk about anything that is worrying them. These sessions do not cover human reproduction as this is taught in Year 6.

We will be holding a parent and carer workshop where you will be able to come in and see exactly how we will teach the lesson. Additionally, the workshop is to support parents and carers of children in Year 5, in feeling confident to talk about these sensitive topics with their children. We know that it can be difficult to know how, and when, to have these discussions with your child. The workshop will provide you with a safe space to discuss your concerns, gain information and develop confidence in talking about these sensitive topics. The workshop will also be open to parents of children in Year 4. Some Year 4 parents may feel that their child is ready to start having conversations about puberty and menstruation and would like to know how school addresses it in Year 5 so that they can talk about it in a similar way at home. Puberty and menstruation will not be covered in the Year 4 curriculum.

This workshops will be held in the Parents' Room and repeated on the following dates:

**Friday 7th June at 3.30pm**

**Monday 10th June at 9am or 5pm**

**Thursday 13th June at 9am or 4.30pm**

Please use the **Brampton Road gate** and come into the main office to attend the session. The session will last for approximately one hour.

***Please note that this session is for parents and carers only.***

Please indicate below if you are able to attend one of the workshops, and return the slip to your child's class teacher or to the school office.

Kind regards,

Mrs Marie Hardie

**Deputy Headteacher**

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**Please complete this slip and return to the office by Thursday 13<sup>th</sup> June 2024.**

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

I will be attending the meeting on Friday 7th June at 3.30pm

I will be attending the meeting on Monday 10th June at 9am.

I will be attending the meeting on Monday 10th June at 5pm.

I will be attending the meeting on Thursday 13th June at 9am.

I will be attending the meeting on Thursday 13th June at 4.30pm.

I will not be attending as I am happy with the school's PSHE curriculum.

