

Learning together to be the best we can be

Headteacher - Nichola Irving



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Dear Parents/Carers

Puberty Education at Home

The summer term is the time when we would have addressed learning about the physical and emotional changes of puberty with your Year 5 child. This is one of the statutory elements of Relationships, Sex and Health Education RSHE. Some children prefer to learn about this from parents whilst others report to feeling more comfortable at school. Due to the current situation we are unable to deliver this as a school. To help parents and carers to have these important conversations at home, Northumberland County Council have put together some of the resources that will help families to discuss these themes with confidence. We know how important it is to have quality-assured factual information, and to protect children from myths and misinformation.

This link takes you to a Padlet of resources about male bodies and puberty.

https://nlandeducation.padlet.org/gill_finch2/boys

This link is to a Padlet of resources about female bodies and menstruation.

https://nlandeducation.padlet.org/gill_finch2/puberty

It is recommended that children learn about both aspects, regardless of their gender.

Yours sincerely

Emma Brownrigg
Assistant Headteacher

