

3rd April 2019

To: Parents of Girls in Years 5 and 6

Dear Parents



Sex and Relationship Education (S.R.E)

As part of the Science curriculum, pupils study the Human Body and whilst much of this topic focuses on healthy eating, the digestive and circulatory systems and the benefits of exercise, I would also like to incorporate some of the SRE elements into a one-off lesson entitled 'Girl Talk'.

The focus would primarily be on puberty and the menstruation cycle but we will also cover other types of physical and emotional changes girls may experience as they begin to mature. The aim of the lessons will be to clarify any misconceptions that the girls may have and to answer any fears that may be causing them unnecessary worry. All matters discussed as part of these lessons will be dealt with in a sensitive manner.

Often this topic is easier to discuss if it is delivered in a more scientific format. However, I fully appreciate that this may be a subject in which you feel your daughter is too young to participate, or you may wish to broach the subject yourself at home. With this in mind, please fill in the form below giving your permission for your daughter to be present during these lessons.

If you have any questions regarding the specific content of the S.R.E lesson, please do not hesitate in contacting me.

Yours sincerely

Mrs C Keyworth
Year 6 teacher



Hollygirt

SCHOOL

Girl Talk lesson (S.R.E.)

Child's Name: _____ Form: _____

I agree for my child to participate in the 'Girl Talk' lesson. I understand that the primary focus will be on explaining the changes experienced during puberty but I am aware that other issues may be raised due to the nature of the discussion.

Signed: _____ Date: _____

Please return to Mrs Keyworth as soon as possible.