



ST RICHARD'S VC ACADEMY

Dear Year 6 parents and carers,

Nurses from the 0-19 Public Health Programming Team will be visiting school on **Tuesday 10 November** at 9:30am, in order to present the Year 5 Growing Up Talk (PHSE) session to the Year 6 pupils. This session was missed in Year 5 due to COVID-19 and the subsequent Lockdown.

This session will outline:

- What happens during puberty
- The body changes that occur during puberty
- What happens during a period (menstruation)
- The female and male reproductive organs
- The importance of personal body examination
- The importance of practicing good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe
- Where you can get help and support

Delivery of the session will consist of 2 classes (6A and 6R) and 2 nurses per class. If you would like to withdraw your child from the session (or simply have a question), please contact the school office and ask to speak with either Mr Abrahamsen or Miss Ransley (Year 6 class teachers).

Thank you for your continuing support,
St Richard's VC Academy

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