



13<sup>th</sup> November 2023

Dear Parents & Carers,

You may remember receiving a letter in the summer term (July 2023) regarding changes to our PSHE (Personal, Social and Health Education) curriculum, which we are implementing this academic year.

One of the changes to our PSHE curriculum is to further improve the children's knowledge and understanding in relation to puberty.

All children in Year 4, Year 5 and Year 6, will now have a PSHE session to learn about puberty each year. Girls can start their periods as young as 8 years old. Therefore, it is strongly recommended that the children learn about periods from this age.

All of the lessons that we will be delivering are from the SCARF scheme by Coram Life Education, which is what we follow at WKPS for our PSHE scheme of work. Everything we will teach in relation to puberty is a statutory requirement. These aspects of our curriculum all fall under the Relationships and Health Curriculum. You can read more about these requirements in our Relationships, Health and Sex Policy [on our website](#) and in the attached government guide for parents & carers.

The puberty lessons for Year 5 and Year 6 will take place next week on Monday 20<sup>th</sup> November.

Historically, the boys and girls have been separate for these sessions. Our approach will now be that the girls and boys will be together and will learn together. As children go through puberty, it is really important that they all understand each other and know what their peers may be experiencing.

We think it is important to work in a partnership with our parents, so we have created a document to share the content of these puberty lessons. You will find this document attached to this email. We feel that you know your children best and know which approach is most suited for them. You may choose to discuss aspects of the puberty lesson with your child before the lesson or when they come home that day. **However, we ask that you do not share the attached document with them until after the lesson.** If you have any questions, please contact us through the appropriate key stage email:

[uks2@westkirbyprimaryschool.co.uk](mailto:uks2@westkirbyprimaryschool.co.uk) for Year 5 or 6.

Our aim is to support the children with the next stages of their development.

Yours sincerely,

Mr M Procter (PSHE, Wellbeing & Personal Development Lead Teacher)  
Mrs E Bailey (Headteacher)