

Notley Green Primary School

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Head Teacher: Emma Seward

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Dear Parents and Carers,

We are writing to inform you that our 'Growing and Changing' Talk for Year 4 will take place over the following few weeks.

As part of our new Health and Relationships curriculum, we are addressing the changes that children go through during puberty earlier than previous years to ensure they are prepared.

In order to keep pupils safe, it is vital that they learn about puberty before it happens. [NHS advice](#) states that puberty can begin as early as 8 for girls and 9 for boys. Year 4 is therefore a more appropriate time in the school curriculum when this should be addressed. Teaching about puberty before children experience it is essential to ensure that pupils' physical, emotional, and learning needs are met. They are able to have the correct information about how to take care of their bodies and keep themselves safe. Teaching about puberty is also considered a key safeguarding issue by Ofsted.

Teaching about the changes experienced during puberty is part of our statutory Health and Relationships education in which pupils in maintained schools must be able to access.

If you have any queries about these sessions or would like to view any of the materials used, please see Mrs Colebrook who will be happy to answer your questions. Alternatively, speak to the class teacher.

Yours sincerely,

Mrs Evans
Year 4 Teacher

Mr Cullimore
Year 4 Teacher

Mrs Colebrook
Deputy Headteacher