



Year 6 Changing and Growing

Dear Parent/Carer,

As part of our PSHE curriculum, and the Department for Education's Relationships and Health Education statutory guidance, we have a legal responsibility to educate our children in understanding about their changing and growing body which includes puberty. Previously, we worked with groups of parents to consult on our policy and curriculum content. Parents requested advance notice of sensitive lessons and this letter sets out in detail what Year 6 boys and girls will learn separately about 'changing and growing'.

In Year 6 next week, your child will learn about the emotional and physical changes to their body during puberty in a lesson delivered by their class teacher. **The lesson will be taught separately to girls and boys and will be sensitive to the needs of the children in the class.** Throughout the session, age-appropriate scientific vocabulary will be used with the children. This will take place in the **afternoon of Friday 7th June 2024.**

It is important that your child learns about what to expect during puberty as they may be starting this process now. They will learn that: puberty is the time when their body changes from being a child to a young adult; it is the body's way of preparing itself to be able to reproduce; and that everyone goes through puberty, but they can develop at different times and different rates.

Parents asked that we communicate the precise points and terms that teachers will explain to boys and girls during the lessons, so they know how to respond to any questions from their children, which are as follows:

Within the session both boys and girls will discuss:

- that male and female have some body parts the same, but others are different
- the scientific terms: genitals, penis, vagina
- that puberty comes from the Latin word '**pubertas**' meaning adulthood
- when puberty typically starts and ends
- what happens to their body during puberty, both physically and emotionally
- how they produce hormones (oestrogen, progesterone and testosterone) which send chemical messages to their brain during puberty
- how hormones during puberty can cause greasy hair so they should wash their hair often
- how they should brush their teeth twice a day
- how they may sweat more which can cause bad body odour and poor skin conditions
- how body hair grows under armpits, on your legs and in the pubic area
- how maintaining personal hygiene is important by bathing regularly
- how they will grow taller
- how they may feel moody or angry, more argumentative and bad tempered
- how they may feel lonely and confused
- who their trusted adults are who they can talk to

Chief Executive: Mr Antony Hughes

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Within the session girls will also discuss:

- the female body produces progesterone and oestrogen usually between the ages of 8 and 13
- how and why their breasts will get bigger
- the importance of wearing a bra for the right support
- the importance of checking their breasts regularly for any changes
- how their body shape changes and their hips will get wider
- the menstruation cycle and what happens when an egg is released from the ovary
- how to look after themselves when they are on their period (usually every 28 days)
- the three types of feminine protection to use during their period and how to deal with vaginal discharge

Within the session boys will also discuss:

- the male body produces testosterone usually between the ages of 10 and 15 years
- the development and growth of facial hair
- the growth of their Adam's apple
- how and why their voice will deepen
- how their body shape changes and their shoulders will broaden
- how their penis will grow bigger and at times may harden, or even experience a nocturnal emission
- the importance of checking their testicles regularly for any changes

If you have any questions about these lessons, please do not hesitate to contact your Academy Principal to discuss further.

Yours sincerely

Mr Hughes
CEO

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