

Dear Parents/Carers

Next term's topic is about 'Time Travelling' from the moment we are born, from toddler to teen, middle age to elderly, time stops for no man! We will be finding out what happens to our bodies and brains as we grow older, and how we cope with these changes.

As part of the school's programme for Personal, Social and Health Education, your child will be learning about Puberty; the process of physical changes by which a child's body becomes capable of sexual reproduction.

Teaching children about puberty before children experience it, is important to fulfil the requirements of the National Curriculum and other statutory responsibilities inspected by Ofsted.

We will be using a range of resources including videos from the BBC Teach website:

Ask Lara - <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-ask-lara/zmc3jlv>

CBBC Operation Ouch - <https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>

These programmes cover the subjects of changes at puberty, feelings and emotions and changing relationships with family, friends and peers. Year 5 will follow this with class discussions, visits from some health professionals and work related to the topic during next term.

If you have any concerns about any aspects of the work to be undertaken or aspects of the suggested videos, please feel free to contact us so that we can discuss any questions or concerns that you may have.

Yours sincerely,

**Year 5 Teachers**

Mrs Clarke

Miss Thomas

Mrs Struben