

Dear Parents/Carers,

As part of our Personal, Social, and Health Education (PSHE) curriculum, the children will be learning about how their bodies and abilities change as they grow. These lessons are age-appropriate and are designed to help children understand and feel confident about the natural changes that happen during puberty and throughout growing up.

During this unit, your child will explore the following key learning points:

- They will begin to understand that their bodies will go through changes as they grow into adults.
- They will learn that the changes that occur during puberty can be different for males and females.
- They will be able to identify some of the physical differences between a child's body and an adult's body.
- They will explore the importance of personal hygiene and learn practical ways to look after themselves as their bodies change.
- They will reflect on the physical and emotional growth they have already experienced and the skills they have developed so far in their lives.
- They will identify some of the physical changes they are likely to go through before reaching adulthood.
- They will consider what kinds of things they will be able to do as adults that they cannot yet do now.

These discussions will be delivered with care and sensitivity, aiming to build self-awareness, confidence, and good habits for physical and emotional wellbeing.

If you have any questions about what we'll be covering please don't hesitate to get in touch.

Kind regards,

LKS2 Teachers