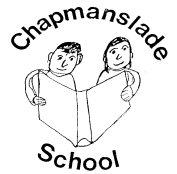




CHAPMANSLADE CE VA PRIMARY SCHOOL

**Learning together in a Christian community,
nurturing and developing lively minds in a caring
environment.**



24th November 2020

Dear Redwood Parents

As part of your child's PSHE education this term, Mr Cottrell is teaching a unit called "It's My Body".

The messages within the unit link strongly with our recent NSPCC 'Speak out – stay safe' assembly, reminding children that their bodies are their own and that they can make positive choices about ways to stay safe and healthy.

The subject of puberty is discussed during the unit. Children will be taught about changes that will happen to their bodies and ways to maintain personal hygiene as they mature. Hairy parts, sweat, spots and mood swings will be explained to the children in a sympathetic way, with time for questions. Children will be advised to wash regularly, to drink plenty of water, to eat a healthy balanced diet and to get plenty of sleep and exercise.

If you have any questions about the content of this unit, please do not hesitate to contact Mr Cottrell.

As a school, we are in the process of refining our PSHE curriculum to ensure that the statutory requirements of Relationships Education are taught well, and to consider the extent to which we should teach sex education. The governing board and I will consult with parents on this aspect early next year.

In the meantime, if you would like to support your child in discussions about growing up and puberty, I recommend the following books, particularly for children in year 6:

Meredith, Susan. *Growing Up: adolescence, body changes and sex*. Usborne Facts of Life series.

Harris, Robie H. *Let's Talk about Sex: growing up, changing bodies, sex and sexual health*. Walker Books

If you do purchase one or both, please ask your child not to bring these books into school. We shall provide all the materials necessary for our curriculum teaching.

Yours sincerely,
Mrs Chapman

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