



Merridale Primary School

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Headteacher: Mrs Laura Towle

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Wednesday 24th May 2023

Dear Year 5 and 6 Parents and Carers,

Growing and Changing

We felt it would be valuable to share with you the details of the areas that will be covered as part of our “Growing and Changing” curriculum.

As children move into upper key stage 2, it is important that we share knowledge and understanding of the physical and emotional changes they will experience. We have attached a detailed programme of each lesson that will be covered by your child’s teacher alongside guidance from our school nurse. It has been agreed by staff, parents, carers and Governors that this programme was appropriate to meet the needs of our children here at Merridale.

Parents and carers have the right to withdraw their children from these sessions. If you decide you want to do this, Year 5 parents/carers will need to contact Miss Sangha and Year 6 parents/carers will need to contact Mr Newcombe/Mrs Byrne to inform them of your decision. If you do decide to withdraw your child from these sessions, it is then your responsibility to ensure that you share the key messages and information from the Growing and Changing programme with your child. If we do not hear from you by **Friday 23rd June 2023** we will assume you have given your consent for your child to attend these sessions.

If you require anymore information, please do not hesitate to contact me at school.

Yours Sincerely,

Mrs L Towle
Headteacher

Merridale Primary School

“Growing and Changing”

Overview of lessons

Year 5:

Pupils have three “Growing and Changing” lessons.

Lesson 1:

- Discuss hygiene and personal cleanliness with practical advice on keeping clean.
- Discuss puberty and start to discuss physical and emotional changes.

Lesson 2:

- Using body outlines children explore and discuss changes in male and female bodies during puberty.
- Children develop confidence and knowledge in using correct vocabulary for body parts.

Lesson 3:

- A further session on the changes to the body during puberty.
- Children will be given the opportunity to ask questions.

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“Growing and Changing”

Overview of lessons:

Year 6 :

- Pupils have three “Growing and Changing” lessons. They also have some lessons on relationships as part of their work in RHE (Relationships and Health Education, formerly PSHE).
- The first two sessions are revision from Year 5

Lesson 1:

Using the correct vocabulary for body parts
Body changes during puberty
Personal hygiene and cleanliness
Emotional changes during puberty
Question and answer session—pupils invited to ask anonymous questions

Lesson 2:

Begin to learn how changes at puberty affect body hygiene
Realise that body changes are a preparation for sexual maturity
Physical and emotional changes during puberty.
Male and female changes and changes common to both

Lesson 3:

- A further session on the changes to the body during puberty.
- Children will be given the opportunity to ask questions.