



Ecclesfield Primary School

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5th June 2025

Y4, Y5 & Y6 Puberty Workshop

Dear Parents and Carers,

As part of the RHE curriculum, the children will be participating in sessions all about puberty this half term and at the start of the next academic year. The teaching of this will vary depending on the units and age of the children.

The sessions will include age-appropriate discussions and activities about: the menstrual cycle; how our bodies change during puberty; the emotional changes during puberty; what to expect during puberty; hygiene during puberty and as we grow up.

Year 4 Lesson objectives include: What is a period?

Year 5 and 6 lesson objectives include: What is menstruation? How will I stay clean during puberty? How will my feelings change as I get older?

We will be running a parental workshop which will provide further details on the sessions. If you would like to attend the online workshop, please access the following link (on the next page) on **Wednesday 18th June 2025 at 3:20pm.**

Please note: this is a repeat of the puberty workshops previously held last year but we would like to offer the opportunity to attend once more to parents and carers. Year 5 teach these lessons at the start of the school year in the Autumn term so it would be ideal for the Year 4 parents to attend this workshop so you can see what your child will learn in June and July whilst in Year 4 and also at the start of the next school year when they are in Year 5.



Join Zoom Meeting

Topic: RHE Puberty Workshop for Parents

Time: Jun 18, 2025 03:20 PM

Join Zoom Meeting

<https://us05web.zoom.us/j/85751179755?pwd=IA2FXsWooVlnJfae46Ipa7mQFaAbp5L>

Meeting ID: 857 5117 9755

Passcode: 3Y3rCD

We look forward to seeing you there!

Miss Garner

RHE (Relationship and Health Education) Lead

