



HURST HILL PRIMARY



Dear Parents/Carer's

Further to our letter regarding the puberty talk that is taking place on Wednesday 18th May, below is an outline of what the school nurse will be discussing with the children.

Boys:

What puberty is
Why does it happen - hormones etc.
The average age of puberty
What body changes they will experience
First signs and later signs which include pubic hair, testicles becoming bigger, sweating more, facial hair and voice changes
Wet Dreams

Girls:

What puberty is
Why does it happen - hormones etc.
The average age of puberty
What body changes they will experience
First signs of puberty including breasts developing and growing additional hair including pubic hair
Female reproductive system
What periods are
Menstrual cycle, how long periods last and what products they can use etc

She will talk about the importance of keeping clean, general personal hygiene and emotional changes along with changes in our brains as we grow.

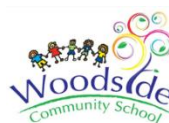
The correct medical terminology for girls' and boys' bodies will be used but she does not explore anything further.

Parents are still invited into school on 4th May before the talk to ask any questions about the sessions please complete the form on parentmail.

Thank you for your continued support

Yours Sincerely

Mrs Keen
Headteacher



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