



15th May 2023

Dear Parents/Carers,

As part of their personal, social, health and economic (PSHE) education lessons, pupils will take part in a series of health, wellbeing and relationship education lessons. These focus mainly on explaining and preparing pupils for the physical and emotional changes associated with puberty.

The purpose of these lessons in Hurst Hill is to prepare pupils for the physical and emotional changes of growing up; to give them the knowledge and skills to make informed and healthy choices; to build their confidence and skills to deal with situations they may encounter; to help them to stay safe and know where and how to ask for help if needed. At times, carefully chosen external visitors and speakers may contribute to the programme. In these cases, lesson content will be agreed in advance and visitors will always be supervised by a member of school staff.

This term, DORCAS will be coming into school to educate pupils in a session called 'My Body Belong to Me'. This is a fun and interactive session teaching them that their body belongs to them and will be run along the NSPCC ethos PANTS.

We believe that the school's SRE programme helps us to achieve these aims. If you have concerns or would like to discuss the matter further, please attend the parent consultation on Wednesday 24th May at 9.15am or make an appointment to meet with Mrs Johnson.

Kind Regards,

Mrs Johnson Head of School













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