



QUEENSWAY SCHOOL

Brantwood Rise
Banbury
OXON
OX16 9NH

Tel: 01295 251631

Head Teacher: Mrs Sarah Horbury-Jakeman
BA Hons (QTS), NPQH

Email: office.2057@queensway.oxon.sch.uk

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Dear Parents/Carers,

I am writing to inform you that in Term 6, the Year 5 classes will be following the PSHE curriculum unit of work focusing on growing and changing. Within this unit, the children will learn about puberty and the changes that they will experience as they mature. Please read the information below which gives you a clear outline of what the children will be learning.

The teaching is a one-hour session and the BBC Operation Ouch episode '*Don't panic about puberty*' will be used throughout. It is specifically designed for your child's age group and aims to reduce embarrassment, use age-appropriate information and respect family values.

During this session, we discuss hormones and their effect on the human body. We look at both the physical and emotional changes that will take place during puberty, comparing the similarities and differences between males and females. Diagrams of male and female body outlines are used and there will be a discussion about all the changes including menstruation, female sanitary wear and wet dreams. The children will be encouraged to write down any questions they may have anonymously (if they have decided not to ask in the classroom session) and these will be followed up by the teacher. All pupils will be encouraged to talk with their parent / carer about the aspects of puberty that are discussed.

The NHS website pages on puberty <https://childrenshealthsurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty> provide useful information and resources to support your discussion with your child.

The NSPCC underwear rule will also be included in the session. This can be accessed following the link 'The NSPCC 'Underwear Rule.': <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. Please do have a look at this with your child before the session if possible.

If you would like to discuss these sessions further or have any concerns regarding your child, please do not hesitate to contact your child's class teacher.

With Thanks,

Lucy Robertson

PSHE Lead