

12 June 2026

Headteacher - Tony Head

Dear Parents,

The teaching of health and relationships education is compulsory in primary schools in England. During the teaching of this area of the curriculum in the summer term, we teach all children in Year 5 about the changes that take place in the adolescent body. This includes key facts about changes during puberty, particularly those that may occur between age 9 through to age 11, including physical and emotional changes. We also teach children about menstrual wellbeing, including the key facts about the menstrual cycle, which is part of the national curriculum for science.

To support the delivery of this we use a number of resources. As part of our commitment to working alongside parents during the teaching of this unit, the links to these are below. Please view these if you wish, and if you have any questions, please do not hesitate to get in contact with either myself or Miss Hotston at 6H@portswoodpri.org.uk.

[How Your Body Changes During Puberty Worksheets KS2 - Twinkl](#)

[BBC iPlayer - Operation Ouch! - Specials: Dont Panic About Puberty](#)

[Let's Talk About Periods: A Newsround Special - BBC Newsround](#)

Yours sincerely,



Tony Head
Headteacher