

# High Ham Church of England Primary School

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Dear Parent/Carer,

Next week, Mr Briggs and I will be talking to your child/children about puberty. We will be discussing how the body changes for both boys and girls. In order to do this, we will be separating the boys and girls so that they can talk more comfortably about the different processes. Here is a brief outline of what is involved in the session and why.

## The aim:

The aim of the session on puberty is to help and support your children through physical, emotional and moral development that will happen to all of them. Throughout the session the children will be encouraged to respect themselves and others enabling them to move with confidence from childhood into adolescence. It is an important time to discuss body changes as puberty can begin as early as 8 years of age. It reduces anxiety for the children if they realise what is happening to them is normal.

## Why is it important to teach about puberty, sex and relationships?

It will help the children to understand how they are or will be developing and tackle issues that are part of growing up in a safe and nurturing environment. This includes menstruation and wet dreams, which is then followed up by discussion. The information will help them to have knowledge and understanding, leading to confident, healthy and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way. Research shows that children want to talk about growing up with their parents and carers as well as in school.

## What is your role as parents?

We are happy to take the children through this session and answer their questions but parents have a key role to play in the children's education around puberty. Research shows that young people want to receive their initial sex and relationship education from their parents. This maintains the culture and ethos of the family. It will also mean that if they have difficulties in the future with these issues they will be comfortable to turn to you for support.

## Here are some things you can do with your children:

- Help them learn the correct names for parts of their body.
- Talk to your children about feelings and relationships.
- Finally, do answer their questions about these issues at a level you feel is appropriate for your child.

Remember, if you are feeling uncomfortable, a good time to talk is in the car, or during another everyday activity.

If you have any queries, please do not hesitate to get in touch,  
Kind regards,

Mr Briggs and Miss McElwaine  
KS2 teachers

