



March 2021

Dear Parent / Carer

In Year 5, and then again in Year 6, pupils have a lesson in school entitled 'Growing Up'. This lesson develops their understanding of the physical and emotional changes they go through at puberty and about human reproduction.

Last year, we were unable to deliver this in school due to lockdown but we hope that we can address any gaps in understanding and clarify possible misconceptions by delivering it earlier than it would normally happen. The lesson this year will take place in the first week back after Easter, rather than in June.

If you would like to have a look beforehand at the content of the 'Growing Up' talk, you can access the resources that we use. They are all available on this website:
https://www.healthpromotion.ie/health/inner/busy_bodies

If you scroll down the page, there are 6 short videos covering the main aspects of growing up.

To help understand the type of questions children of different ages may ask and how to best respond to them, further information can be obtained from the family planning association website:
<http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>

If you have any questions about the Growing Up lesson, or if you are concerned about your child taking part, please contact us and we will be happy to discuss it with you.

Thank you,

V Collins **Mr S Greenway**

Miss Collins and Mr Greenway