



OLD PALACE PRIMARY SCHOOL



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20th March 2023

Dear Parents/Carers,

The school is following the Tower Hamlets Relationships & Sex Education policy. This recommends that children are taught about puberty in Year 4. It is recommended that this is taught to support the wellbeing of the girls and to stop them from becoming distressed if they did not understand what is happening to their body should they start their periods.

In Year 4, we plan to only teach the puberty lesson to girls. Changes made by the Department of Education mean that parents can no longer withdraw their child from this lesson as they did in the past.

As the children are currently learning about nature and how other animals care for their young, it makes sense to teach the lesson to the girls before the Easter holiday, so it fits in with their wider learning. We are also aware that some girls in the year group have already started their periods, so we wish to support them by providing factual information on the menstrual cycle and sanitary products.

We will be holding a parents meeting at 9.00am on Wednesday 22nd March in the bottom hall where we will show parents the Power Point presentation that will be used to teach the girls. Parents of boys are also welcome to attend the session, but the boys will not be taught about this until Year 6. The lesson only teaches about the menstrual cycle and how a girl's body changes at puberty. It does not discuss sex or male body parts. A text will be sent after the session has been taught to allow time for you to answer any further questions your child may have.

You will receive a text message reminding you about the workshop.

I hope to see you at the meeting on Wednesday.

Yours sincerely,

Ms Millward
Deputy Headteacher



Headteacher: Mr G. Palmer BA (Hons)
School Business Manager: Michele Walsham