



23 January 2025

Dear Parents and Carers

PUBERTY AD MENSTRUAL CYCLE

As part of the Year 7 PSHCE curriculum, students will soon be having lessons on puberty and the menstrual cycle. These topics will be approached from an educational perspective, focusing on the physical, emotional and social changes that occur during puberty, as well as the biological processes involved in the menstrual cycle.

I understand that lessons on puberty can sometimes raise questions or concerns. To provide reassurance and maintain transparency, I have attached the PowerPoint presentation that will be used in lesson. This will give you a clear overview of the content your child will be learning.

For additional support with conversations about puberty, I have also included a list of recommended websites and charities that provide guidance and resources for parents and carers:

- [Learn What to Say - WithAll](#)
- [Navigating puberty | NSPCC Learning](#)
- [Teenagers - Got yourself a tweenager - BBC Bitesize](#)

Thank you for your support in helping us provide a comprehensive and supportive learning environment for your child.

If you have any further questions about the lesson or would like to discuss the topic further, please do not hesitate to contact me. I am happy to address any concerns and provide additional information.

Kind regards,

Miss H Hall-Howitt

PSHCE Lead & Teacher of Science

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