

Haydon Abbey School and Pre-School

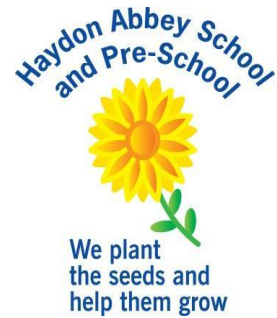
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Headteacher: Miss Ashleigh Ferdinand



30 April 2026

To Parents and Carers of Year 5 pupils

Dear Parents and Carers,

As part of the PSHE curriculum, children in Year 5 are required to learn about the physical and emotional changes that occur during puberty. These lessons are a statutory requirement and aim to ensure all children between the ages of 9 and 10 develop a secure understanding of the changes they are likely to experience in the coming years.

This lesson is compulsory for all children and is designed to be age-appropriate, factual, and supportive. It will cover a range of topics including the physical and emotional changes experienced during puberty, with a focus on helping children to develop confidence, empathy, and an understanding of their own development as well as that of others. Children will also learn about menstruation to ensure that everyone has the knowledge to support themselves and their peers.

We plan to deliver this lesson on Wednesday 20th May 2026. To ensure pupils feel as comfortable as possible, boys and girls will take part in separate sessions led by experienced members of staff. However, all children will receive the same key information and will be encouraged to ask questions in a safe and respectful environment.

To help you understand the content and approach of these lessons, we have attached the information sheets that will be used during the session. We hope these sheets will support conversations you may wish to have with your child at home.

If you have any questions or would like to discuss any aspects of this session in more detail, please do not hesitate to speak with a member of the senior leadership team.

Yours sincerely,

Miss Haynes

Year 5/6 Phase Leader



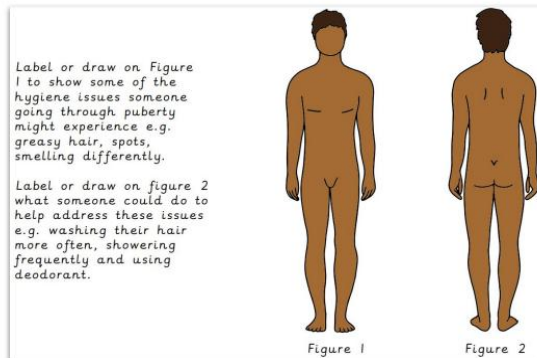
Our teaching uses resources and guidance provided by KAPOW. Below are the resources the children will be using within the lesson.

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 9-10 will learn about:

- The menstrual cycle and other changes that happen during puberty.
- Emotional changes that occur during puberty.



Male and female external body parts

