



LANGSTONE JUNIOR ACADEMY

Lakeside Avenue, Copnor, PORTSMOUTH PO3 6EZ

Telephone: 023 9282 4138

www.langstone-jun.portsmouth.sch.uk

Headteacher: Mrs Jane Bush



Friday 21st June 2024

Dear Parents/Carers,

YEAR 4 – Puberty Lessons

As part of our PSHE curriculum this half term, the **Year 4 girls** will be receiving sessions on puberty and how their bodies will change. This will allow the girls to become more aware of what to expect when they start their periods. We aim to carry out this session in the week beginning the 24th June and follow it up with a session in the following week.

The children will be encouraged to ask questions about what they have seen and discussed, either as part of the group discussion or by putting questions into a worry box. You may want to be prepared that your child may have questions they may want to discuss with you at home.

Next year, the whole year group will take part in a Science and PSHE unit that explores how our bodies change as puberty begins. A letter will be parent mailed out explaining this in more detail nearer the time.

If you have any questions or concerns, then please contact a member of the Year 4 team, Mrs Bush or Mr Wessels. We would be more than happy to clarify what we discuss with the pupils and can share with you the planning and the resources we will be using.

Thank you for your continued support.

Mr Phelan

Year 4 Leader