



Friday 17th January 2025

Dear Parents/ Carers,

Year 5 and 6 PSHE Changing Me Parent meeting – Wednesday 12th February at 3:30pm

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through Personal, Social and Health Education (PSHE) lessons that aim to help our pupils to make safe and informed decisions during their school years and beyond. To do so, we follow the statutory curriculum for Relationships and Health Education. We will be teaching our 'Changing Me' unit. This will include topics such as:

Year 5 Curriculum	Y6 Curriculum
<ul style="list-style-type: none">● Understanding the changes to bodies during puberty● Menstruation (periods)● Emotional changes in puberty (hormones and mood swings).	<ul style="list-style-type: none">● Understanding the changes to bodies during puberty● Menstruation (periods)● Emotional changes in puberty (hormones and mood swings).● Conception● Pregnancy and birth

The lessons your child will receive are designed to be positive and informative and are all age appropriate. During these lessons, pupils will be able to ask questions, which will be answered factually, and in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

We would like to offer you the opportunity to find out in more detail what your child will be learning during these lessons. We will be holding a meeting **on Wednesday 12th February at 3:30pm**. During the meeting, we will share aspects of the lessons with you and will be available to answer any questions you may have.

There are two sessions for **Year 6 only** (conception and pregnancy) where parents can ask for their child to be withdrawn. Whilst this is parental choice, we believe that the presentation of body parts in social and other media make it important that all children have a place to discuss their feelings and check facts to alleviate any worries or concerns that they may have. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand (in the playground), we hope all children will have the opportunity to take part in our carefully planned lessons.

You may find that your child starts asking questions about the topic at home or you might want to take the opportunity to talk to your child about this before the work is covered in school. If you do wish your son or daughter to be withdrawn from the class while a specific activity is being taught, please make this known in

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Head of School: Bindya Chapaneri

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writing to Bindya Chapaneri, Head of School by **Friday 14th February**. However, we encourage you to attend the meeting before doing this so you can make an informed decision.

Yours Sincerely,
Laura Nwanya
Year 5/6 Jemison Class teacher