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Monday 14th July 2019

Dear Parent/Carer

As part of the school's Personal, Social and Health Education programme your child will soon receive lessons on relationships and puberty.

The purpose of Sex and Relationship Education (SRE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

The programme will cover:

- 1 Puberty
- 2 Personal Hygiene
- 3 Menstruation
- 4 Reproduction

You are welcome to contact Mrs Melia to discuss the programme or to view any of the teaching materials used.

Mrs Melia will teach the programme on Monday 22nd July 2019.

Yours sincerely

Mrs Melia

