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9<sup>th</sup> February 2023

### Year 5 Health Education talk

Dear parents/ carers,

On Thursday 15<sup>th</sup> February, children in Year 5 will receive a health education lesson, delivered by Mr Charlton. The purpose is to inform children about the physical and emotional changes that they will face through puberty and adolescence. To clarify, this is not sex education - which is done at high school; this Year 5-pitched session is about how they will develop and change themselves. The girls and boys will have separate sessions - Mr Charlton will lead each group whilst another member of staff will be with the rest of the class. They will be involved in discussions and watch a video as well as having the opportunity to ask any questions of their own.

The resources we use are from the BBC's Operation Ouch – a medically accurate video which features two doctors from the NHS and the BBC network that are both informative but deliver the information in a balanced and age-appropriate way. We attach the link here for your reference: <https://www.youtube.com/watch?v=5oHwS3MivGs>

If you have any concerns or questions, please speak to me either in person, via Class Dojo or my school email address.

Many thanks,

Mr Charlton – Deputy Headteacher & Year 5/6 Class Teacher

Headteacher: Mrs Belinda Athey

