

HERNE JUNIOR SCHOOL

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26th June, 2020

Dear Parents/Carers,

Unfortunately, due to the current circumstances our usual teaching of Relationships and Sex Education cannot take place. Following guidance from the leading experts for PSHE education - the PSHE Association – we have collated some helpful resources to enable these discussions to take place at home.   
  
*“It's vital that young people are supported to identify and manage the physical and emotional changes that may happen during puberty.  
  
Many children and young people are still learning from home, so we have launched these new home learning lessons on puberty — for Years 4-5 and Years 6-7. These lessons will help pupils to:*

* *Identify and challenge puberty myths.*
* *Consider the importance of hygiene routines.*
* *Start a conversation with someone (such as a friend or parent) that can support them to manage puberty challenges and changes.”*

(PSHE Association, June 2020)

We have attached a guide for parents and carers along with three interactive PowerPoint lessons, two of which are a recap of their learning from year 5. We advise that you use all three PowerPoints to facilitate these important conversations. We encourage you to familiarise yourself with the content first and create a safe environment for these discussions to take place, free from distractions or interruptions from younger siblings.

If you would like recommendations for any further resources, please email the school.

Yours sincerely,

Mr S Zenklusen Mrs Hepworth Mrs Tigwell Mr Choularton

Quince Class Mimosa Class Willow Class Damson Class

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