



HEADTEACHER: DEBBIE BROWN  
TELEPHONE: 01483 529870  
FAX: 01483 529871  
EMAIL: [info@northmead.surrey.sch.uk](mailto:info@northmead.surrey.sch.uk)  
WEB PAGE: [www.northmead.surrey.sch.uk](http://www.northmead.surrey.sch.uk)

NORTHMEAD JUNIOR SCHOOL  
GRANGE ROAD  
GUILDFORD  
SURREY  
GU2 9ZA

NORTHMEAD JUNIOR SCHOOL

11<sup>th</sup> June 2021

Dear Parents,

For the rest of this term year 4 will begin their learning about relationships and growing up. Discussions will take place as part of the children's weekly PSHE lessons. We feel it is important that you are fully informed of what we will be discussing at school.

The key areas we will explore are...

- The characteristics of a family and how families can be different.
- How our bodies grow and change.
- Physical changes during puberty.
- Personal hygiene in relation to puberty. For girls we will explain about sanitary protection and personal hygiene during menstruation.
- Mood changes related to puberty.
- Showing emotions. Within this discussion we will talk about touching as a sign of affection and when a child's personal space is being invaded, with the aim of helping children develop an understanding that we are in charge of our bodies and have a right to say no.

The children will be watching a DVD which explains the physical changes that take place in boys and girls during puberty. If you have older children who have been through the school, it is the same DVD as used before. Although the majority that is covered, falls within statutory Relationship Education, parents do have the right to withdraw their child. Please contact the year leader to discuss this, by Friday 18<sup>th</sup> June, as we will start lessons the following week. Previous to Covid, we have given parents the opportunity to come into school to watch the DVD. However, currently, this is not possible. As a result, we are offering a Google Meet through Google Classroom. This will be a joint meeting with year 5 parents, whose children did not see the material, due to Lockdown. Mrs Richardson will also attend as well as Miss Ramsay, who is our PSHE lead. We will show relevant extracts and answer questions. Should you not be able to join, please feel free to email any questions via [4M@northmead.surrey.sch.uk](mailto:4M@northmead.surrey.sch.uk)

We will be posting up a link in Google Classroom at 8.00 pm on Tuesday 15<sup>th</sup> June. We ask that children are not present, hence the time arranged.

Kind regards

Year 4 teachers