



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

11<sup>th</sup> June 2021

Dear Parents,

Due to 'lockdown' last year, the current Year 5 children have not watched the 'relationships and growing up' video which they would have watched and discussed in Year 4. We feel that it is important to cover this aspect of the Relationships Education now in Year 5 and that you should be fully informed of what we will be discussing at school.

The key areas we will explore are...

- How our bodies grow and change.
- Physical changes during puberty.
- Mood changes related to puberty.
- Personal hygiene in relation to puberty. For girls, we will explain about sanitary protection and personal hygiene during menstruation.

All 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 in Year 4. This year, we will also show to the girls, the relevant age-related videos on menstruation and period hygiene which can be viewed on [www.amaze.org](http://www.amaze.org). 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.

Prior 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 4 parents. Mrs McLean will lead the meeting with Miss Ramsay, who is our PSHE Lead. They will show relevant extracts and answer questions. Should you not be able to join, please feel free to email any questions via [5R@northmead.surrey.sch.uk](mailto:5R@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 arranged time.

Kind regards,

Mrs Richardson  
Year 5 Leader