# The Wolds Federation

Executive Headteacher Mrs E Harros

www.thewoldsfederation.co.uk

20th April 2026

Dear Parents/Carers,

## Puberty/Growing Up Talk

On Tuesday 9th June, the school nurse will be visiting school to deliver a puberty and growing up talk to **Year 6** children and a period talk to **Year 5 & 6 girls**. There will also be a member of the school staff present throughout the talk.

The session aims to provide essential information regarding the physical and emotional changes associated with puberty in an age-appropriate manner. We believe that equipping our students with accurate knowledge will help them navigate this important stage of development.

The modules that will be delivered are:
Introduction
What is puberty?
What happens to boys?
What happens to girls?
Looking after you
Emotional changes and how babies are made

After the growing up talk the school nurse will take the **Year 5 & 6 girls only** to discuss periods and answer any questions they may have.

There is a link https://www.healthpromotion.ie/health/inner/busy_bodies which can be used to view the DVD that will be shown to your child.

We require your consent for your child to participate. Please complete and return the enclosed consent slip by Friday 15th May. You may indicate if you do not wish your child to take part.

We encourage open conversations at home regarding this topic, which will aid your child's understanding.

Yours faithfully,

E Harros

Mrs E Harros
Executive Headteacher

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## Puberty/Growing Up Talk

Child's Name: .....

☐ I give permission for my child to participate in the **Year 6** puberty/growing up talk/how babies are made

☐ I do not give permission for my child to participate in the **Year 6** puberty/growing up talk/how babies are made

☐ I give permission for my child to participate in the **Year 5 & 6 girls** changes to the body talk

☐ I do not give permission for my child to participate in the **Year 5 & 6 girls** changes to the body talk

Signed: ..... (Parent/Carer)

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