

## St Joseph's Catholic Primary School

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Headteacher: Mrs Catherine Walker BEd (Hons) MA



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7<sup>th</sup> February 2024

Dear Parents

### RSHE - YEAR 5

This term, part of our RSHE topic is puberty. Class teachers will teach all sessions after half term.

They will be taught about the changes that arise through puberty, including emotional and physical changes, menstruation and how these changes affect the body in relation to hygiene.

If you have any queries or concerns regarding the programme, please do not hesitate to contact me.

Yours sincerely



**Mrs Catherine Walker**  
Headteacher

