



St. Gabriel's Catholic Primary School

Serving the Community of Higher Folds

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Dear Parents/ Guardians,

During the next half term, we will be approaching our “Physical Changes” aspect of our RSHE curriculum. This topic involves some aspects that may raise a few questions for the children. As we are a Catholic school, there are some questions that we simply cannot answer, and so the children may come home hoping for further explanation.

Our unit involves:

- When physical touch is unwanted and where to seek support
- Concerns about physical touch and when we are made uncomfortable
- The male and female external genitals
- The reproductive organs
- The physical changes that happen to boys and girls during puberty
- The emotional changes that happen to boys and girls during puberty
- The menstrual cycle
- Wet dreams and erections
- How to manage the physical changes i.e. hygiene and sanitary products
- How to manage the emotional changes i.e. calming strategies

As these are all part of our statutory curriculum, there is no right to withdrawal from the sessions.

If you do have any concerns, then we are happy to discuss and hopefully alleviate those concerns.

