



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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08 June 2023

Dear parents and carers,

Re: Puberty Education for Year Five

On Tuesday 20th June 2023, we will be dedicating part of the afternoon to Health Education and will focus on the changes that humans experience over time as per the Year 5 Science National Curriculum.

During this session, the children will identify the changes in the human body that occur during puberty and as the human body moves towards old age. The content will be about the biological changes and will not cover relationships or sex education. This is a statutory part of the science National Curriculum and children cannot be withdrawn. The unit will include coverage of:

- In adolescence, hormones are released into the bloodstream that cause physical, mental and emotional changes.
- Muscles and bones grow larger. Females develop breasts and their hips widen and males' shoulders widen and their voice deepens.
- Both females and males grow hair under their arms and around their genitals.
- A female will release an egg (ova) from one of her two ovaries, which travels down the fallopian tube from that ovary to the uterus.
- If it is not fertilised, it then exits the body with the lining of the uterus in process called menstruation. This happens monthly.
- Sperm are produced in testes that are contained in scrotum.
- If a sperm reaches an egg in the uterus (or when it is still on its way there down the fallopian tube), the egg is fertilised.
- The fertilised egg develops into a zygote, an embryo and then a foetus.
- The foetus grows and develops within the uterus until it is able to survive in the outside world.

In addition to the above, we will also share information regarding products people may choose to use when experiencing the changes.

Kind regards,

Miss Wainwright, Mr McMahon, Mrs Rowley and Mrs Grannum

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

