



CRESTWOOD  
COMMUNITY SCHOOL

16 November 2021

Dear Parents/Carers

### **Year 7 PSHE Programme - Puberty**

As part of their personal, social, health and economic (PSHE) education lessons, Year 7 take part in a series of relationship and sex education (RSE) lessons. These focus mainly on explaining and preparing pupils for the physical and emotional changes associated with puberty. They also consider the changing nature of a range of relationships, including friendship, family relationships and intimate relationships. The purpose of RSE at Crestwood is to prepare pupils for the physical and emotional changes of growing up; to give them the knowledge and skills to make informed and healthy choices; to build their confidence and skills to deal with situations they may encounter; to help them to stay safe and know where and how to ask for help if needed. At times, carefully chosen external visitors and speakers may contribute to the programme. In these cases, lesson content will be agreed in advance and visitors will always be supervised by a member of school staff.

As part of this year's RSE, pupils will have a single-sex assembly led by a member of the Science department. For the girls, this will be a discussion around periods, where sample packs of sanitary products are provided. The school also has a number of full-size packs which are available to girls who may need them. Please get in touch if you would like to request any additional products for your child.

The boys will have their own assembly where they will develop further understanding of the physical and emotional changes which occur during puberty, as well as a discussion on the changing demands of hygiene and personal care.

We believe that this will be an important addition to the Year 7 RSE programme and appreciate your ongoing support with the delivery of high quality PSHE. If you have any concerns, please contact one of us on the email addresses below.

Yours sincerely

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