



Sex and Relationship Education (SRE) at Geoffrey Field Year 5 Autumn 2022

Dear Parent/Carer,

As you may know, sex and relationship education is taught to Y5 in the summer term. However, we have one session for Y5 girls in the Autumn term in addition to the summer term. The focus of this session is menstruation.

Most girls start their periods when they're about 12, but they can start as early as 8, so we believe that it is important to talk to girls in Y5 to make sure they're prepared. This would enable them to learn about the physical process of menstruation, sanitary products and bins. As well as the chance for them to ask questions about what changes they can expect to happen and to reassure them and show them the products and bins available in school for them too, if they should require them at any point. The session will take place after October half term and will be for **girls only** and will be carried out by female members of the Y5 teaching team.

We feel that this session is important but parents have the right to withdraw their child from this session if they would prefer to discuss this with your child at home at a time that they feel would be right for their child. . If you would prefer that your child does not take part in the session in school after half term about menstruation, you should write to the headteacher requesting that your child does not take part in this session. All requests must be received by Wednesday 19th October.

Yours sincerely,

Mrs Prewett
PSHE Lead

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