

05 May 2023

Dear Parents/Carers,

Year 5 and 6 Puberty Workshop

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On Wednesday 07 June we will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) to deliver some of the 'puberty' aspect of our PSHE programme. The workshops, led by an experienced, trained CLE educator, will be delivered to our Year 5 and 6 pupils.

This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond.

Appropriate questions that arise from the children during the workshops will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

There is also a parent/carers workshop running on the day from 9:00am to 9:15am that you are welcome to attend at Springfield.

If you wish to withdraw your child from the workshop sessions, you will need to send in a signed note **prior** to Wednesday 07 June. For any further information or questions, please contact me.

As always, thank you for your support.

Yours sincerely,

Mrs C Lamber-Martin

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(Year 4 class teacher, RE and PSHE/RSE lead)