



CRANWELL, SLEAFORD,  
LINCOLNSHIRE NG34 8HH

29<sup>th</sup> June 2020

Dear parents and carers of children currently in Year 5,

During this term in Year 5 we would be covering the puberty objectives in our Science lessons.

I appreciate that this is not an area that parents are expected to teach routinely and indeed many of you may not feel comfortable in doing so. Some of you might find the opposite and be confident about these conversations. This is normal. We are all different. I will try my best to provide you with the resources to enable you to confidently approach this area of the curriculum.

In other areas of the curriculum we encourage the children to explore subjects by researching and we teach them how to be safe and sensible e-citizens. On this occasion, however, I think you would agree that unsupervised searching might be unwise given the subject content; even though there is undoubtedly a whole host of useful information out there which is age-relevant, please supervise your child if further research is taking place.

I have included a helpful link below which shows a group of children collecting questions asked by their peers during a guided session; these are typical questions posed by children of this age. In the videos the questions are posed to a variety of adults and their answers are unscripted and unrehearsed. The BBC link is as follows: <https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7>

When we teach this area of the curriculum in school we ensure that we have a question box available for the children to put in any questions that they feel they need to know the answer to. We encourage the children not to put their names on the questions as, from experience, we know that children are more likely to ask the questions if they have the cover of anonymity. This will be hard to achieve at home. This is where the above video link may be helpful and give you an idea of the type of questions that might be asked and responses given. I recommend you watch this by yourselves first to gain an idea, before watching with your child.

When watching with your child, why not pause after the adult has finished answering the child's question. What would your answer be? Do you have anything to add? Then when you feel ready to move on to the next question, do so.

Encourage your child to write down some questions of their own that they might like the answer to. Provide post-it notes or small bits of paper as it might be easier for them to write them rather than say them to you – due to the embarrassment factor involved! You could also write some questions that your child could answer for you, for instance asking your child who they would gather information from about this topic if you weren't having this conversation with them. The answers might surprise you, however, these are healthy conversations to have.

Here are the science objectives and some websites that may help with the objectives listed below:

- Describe the changes as humans develop to old age -
- Draw a timeline to indicate stages in the growth and development of humans

- Learn about the changes experienced in puberty
- Describe the life process of reproduction in animals

<https://www.bbc.co.uk/bitesize/topics/zgssgk7>

<https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>

[https://www.outstandingscience.co.uk/index.php?action=view\\_page&page=view\\_unit&unit=5b](https://www.outstandingscience.co.uk/index.php?action=view_page&page=view_unit&unit=5b)

<https://www.stem.org.uk/resources/community/collection/13293/year-5-animals-including-humans>

[https://www.outstandingscience.co.uk/index.php?action=view\\_page&page=view\\_unit&unit=5b](https://www.outstandingscience.co.uk/index.php?action=view_page&page=view_unit&unit=5b)

<https://www.bbc.co.uk/cbbc/watch/operation-ouch-puberty>

More resources on puberty:

<https://www.nhs.uk/livewell/puberty/documents/4youmarch2010nonprinting.pdf> - a lovely downloadable booklet aimed at children explaining the changes to their bodies that take place during puberty.

<https://kidshealth.org/en/parents/talk-about-puberty.html> - aimed at parents, there is lots of information on the website about puberty and how to approach the subject with your child.

<https://www.autism.org.uk/about/communication/sex-education.aspx> - aimed at parents, a wealth of information to help navigate through this sometimes tricky time for children with specific or additional needs.

<https://bettyforschools.co.uk/> - a resource website for schools but it does have a handy parent area of the website with some useful information about periods and body image. The student area has a good interactive film if you follow this link: <https://bettyforschools.co.uk/films/#Start>

As always, we are available to offer guidance and support if needed. Contact us in the usual way via phone 01400 659001 or the email the school office on [enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk) . If you could make the emails for the attention of Mrs Birchenall, Mrs Bullement or Miss Pettitt (PSHE Coordinator) that would be a big help.

Keep safe,

Mrs Birchenall and Miss Pettitt