



The Newcastle Upon Tyne Hospitals 
NHS Foundation Trust

3 May 2023

Dear Parent/Carer

I am writing in advance to inform you that on 16 May 2023 your child will take part in a session based around puberty that will be delivered by the School Nursing Team. The classes will be mixed with both genders together (in accordance with PSHE guidelines). The sessions are focussed on body and emotional changes for both boys and girls during puberty.

The School Nursing Team will be addressing common misconceptions in a child-friendly manner and will be taking an approach which encourages healthy relationships and explores diversity, attraction and respect.

Talking about the onset of puberty with your child is important and so the School Nursing Team have produced a 'Top Tips' resource, that includes a range of websites, books and resources to help parents and carers talk about puberty and growing up with their children. If you do take this opportunity to talk to your child about puberty, these suggestions may help.

Parents have the right to withdraw their child from this session. Please telephone the school office and speak to Mrs Ambrose before 1pm on 9 May if you would like to discuss the content of the session.

For any further queries, please contact me through the school office and I will be happy to discuss any concerns you may have.

Yours sincerely

Mr Smart
Year 5 Teacher

Websites and Resources

Websites that include videos as teaching aids

<https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html> - a series of videos, including one on puberty.

<http://Amaze.org> - age-appropriate information, clear and accurate language, with many short videos that help explore various topics around puberty, body changes, periods, etc.

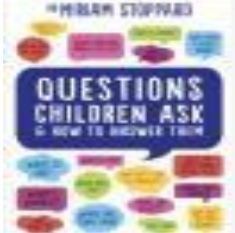
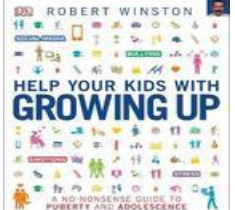

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special> - In this special episode, Dr Chris and Dr Xand take a look at what happens to your body, and why, when you reach puberty.

Websites and resources for children with additional learning needs

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education/parents-and-carers> - good advice from the National Autistic Society on talking about puberty to a child with autism.

<https://booksbeyondwords.co.uk/bookshop/paperbacks/susans-growing> - books on growing up for parents to share with children with learning disabilities

Books on puberty and growing up

<p>Questions children ask and how to answer them</p> <p>By Miriam Stoppard</p>	<p>This book provides age-appropriate answers to a large range of questions that children ask. The author draws on research in child development and addresses what children can handle at each age.</p>	
<p>Helping your kids with growing up</p> <p>By Robert Winston</p>	<p>This book demystifies puberty for parents and their children and covers issues such as social media and sexting, while also explaining mood swings, periods and breaking voices</p>	
<p>What's happening to me?</p> <p>By Susan Meredith</p>	<p>A series of books to help children aged 9 and above understand body changes during puberty and adolescence.</p>	

**It's Perfectly Normal:
changing bodies,
growing up, sex, and
sexual health**

By Robie H Harris

A book about changing bodies and growing up, covering a range of topics from puberty, gender identity, sex and birth.

