

Ref: MD/CJ

March 2024

Dear Parent/Carer,

As part of our PSHE programme we cover the topic of puberty. Our main aim is to help our students to understand their changing body and emotions and embrace puberty with confidence.

I am writing to inform you that we will be delivering an extended assembly to all Year 7 girls on Tuesday 9th April on puberty and period products.

Your daughter will receive a pack containing a range of samples and a useful booklet of information. We will also send home, with your child, a Parent and Carer leaflet containing information explaining how you can guide your child through puberty. We do cover reusable products during the talk, however, unfortunately, we are not able to provide samples of these.

If you require any further information, then please do not hesitate to contact me in school.

Yours sincerely



Mrs M Dempsey
Head of PSHE