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11th March 2026

Dear Parents / Carers of children in Year 5,

As part of your child's education at Ewell Grove Primary and Nursery school, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. The PSHE curriculum enables children to develop the knowledge, skills and attributes they will need in order to keep themselves healthy, safe and prepared for life and work.

In Year 5, the children receive a visit from the School Nurse, Caroline Hollingsworth, regarding Puberty and Menstruation. This session is then used to continue further class-based work and to build on learning they have received in their science, linked to "animals including humans". As part of the statutory Relationship and Sex Education (RSE) Caroline will visit Year 5 on the morning of **Thursday 16th April 2026**. This is an invaluable foundation for further RSE they will receive in Year 6 and into Secondary school.

Caroline will be showing the children a short video from the 'Changing and Growing' DVD, called "Puberty Changes". There will be a copy of this video, available on your child's Google Classroom, for you to view from **Monday 16th March 2026**. We would encourage you to view this with your child prior to them watching it in class.

You are invited to attend a virtual meeting on **Thursday 26th March 2026**, at 9:15am. During this meeting, you'll have the opportunity to meet Caroline, the School Nurse, as she explains how she intends to use the DVD and possible PowerPoint to explain puberty and changes. Should you have any questions after viewing the DVD, please submit these on Google Classroom by **Wednesday 25th March 2026, 12:00pm** so that we can forward them onto Caroline. She will then answer your questions during the virtual meeting. No-one else can see the questions you submit, only the Year 5 teachers are able to view them, so please do not feel embarrassed or concerned about what you ask. The link for the meeting will be available on your child's Google Classroom on the morning of the meeting.

Yours faithfully,

Mrs L Theobalds
PSHE Subject Leader