



# Ashley Junior School

Ready • Respectful • Responsible

13th March 2026

Dear Parents/Carers,

As part of the statutory PSHE curriculum for Lower KS2, next week in our Learning 4 Life lessons we will be learning about puberty.

We wanted to share with you that we will be teaching your child about it as you may find that your child starts asking questions about the topic at home. You might also want to take the opportunity to talk to your child about puberty before the work is covered in school.

For your reference, we will be looking at how the bodies of boys and girls change, how puberty can affect emotions and feelings, and how personal hygiene routines change during puberty. The resources and staff will use the correct terms for their private parts and please be assured that your child's participation will be handled sensitively and in a manner that is appropriate and comfortable for them as an individual.

Some children can start to go through puberty from the age of 8 (Year 3) and the physical and emotional changes that take place can be very confusing, and even frightening, if they do not accurately understand what to expect.

The PSHE Association states, 'Teaching about puberty before children experience it is essential to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe.'

Our curriculum makes sure they are informed and comfortable with their bodies; that they understand the changes during puberty and that it is a process that they will experience both physically and emotionally.

We'd like to take this opportunity to thank parents/carers for your support enabling us to provide and promote the health and well-being of our children and for recognising the importance of this topic.

Yours faithfully,

Miss Holmes, Mrs Woodward & Mrs Wakelin

**Year 4**