



Ashley Junior School

Ready • Respectful • Responsible

1st July 2026

Dear Parent or Carer,

As a part of the Science curriculum and Learning for Life programme at Ashley Junior School, we aim to give your children the knowledge, understanding, attitudes and practical skills to live safe, healthy and productive lives. We are writing to let you know that over the next two weeks, we will be taking part in lessons which cover the science curriculum aspect of the topic 'life cycles of humans and animals, including reproduction'. This will include teaching about the changes that happen in humans from birth to old age and learning what happens during puberty, including periods.

To support this, work the children will have the opportunity to watch a series of videos called 'Living and Growing'. The videos have been designed for primary school children and use a combination of video clips and animation to explain the whole process of life cycles and reproduction.

The content of the programmes are:

Unit 2 – programme 4 Changes

This programme explores the physical and emotional changes that take place at the onset of puberty. It reaffirms that puberty is a normal and natural process.

Unit 3 – Programme 7 Girl Talk

Unit 3 – Programme 8 Boy Talk

These videos look in greater depth at physical changes at puberty.

There is an opportunity for parents to view the videos in school at **3.40pm on Monday 13th July**. In order for us to accommodate the number of attendees, please click the link [Year 5 Personal, Social, Health and Economic \(PSHE\) Education programme July 2026 – Fill in form](#) and complete the e-form by 9:00am **Friday 10th July** to confirm your attendance to this session.

All Learning for Life teaching takes place in a safe learning environment and is underpinned by our school ethos and values. As a school community, AJS is committed to working in partnership with parents and we welcome parental feedback on this aspect of our curriculum. If you would like to find out more or discuss any concerns, please do get in touch.

Yours faithfully

Year 5 Team