



The Berkeley Academy

Laidon Avenue, Wistaston, Crewe, CW2 6RU
Head Teacher: Mrs S L Gohr



May 2026

Dear Parents,

As part of the RHSE National Curriculum pupils in year 4 are taught about their changing bodies and what will happen during puberty. I am sure you will agree that this is an essential part of the curriculum as it helps to alleviate anxiety and uncertainty over the changes they may be experiencing, or to help prepare for when things do start to change.

During these lessons, the children will be introduced to some of the basic changes that will start to happen. It will be a series of three lessons which will discuss some physical and emotional changes the children will go through, as well as understanding others who will also experience this, and how we maintain our personal hygiene will also change.

We wanted to notify you of these lessons so that if your child wants to continue these conversations at home where they may ask questions using some the vocabulary they have been taught in school. Some of the vocabulary which will be used is as follows: puberty, periods, menstruation, hormones, changes, feelings, support, control, hygiene, sweat.

We would like to thank you in advance for your support. Please do not hesitate to speak to one of the Year 4 team if you have any questions or concerns.

Kind regards,

Miss Slater and Mrs Winstone



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