



Tuesday 18<sup>th</sup> May 2021

Dear parents/carers,

I am writing to inform you that **Year 5** will be visited by the City Health Care Partnership (CHCP) Health and Wellbeing Team on **Monday 28<sup>th</sup> June 2021**. The purpose of this visit is to explore with your child the topic of '**Growing and Changing**', which is part of the Year 5 curriculum.

The session with the Team will outline:

- What happens during puberty
- The body changes that occur during puberty, including 'wet dreams'
- What happens during a period (menstruation)
- The female and male reproductive organs
- The importance of personal body examination
- The importance of practicing good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe
- Where you can get help and support

The children will be split into single sex groups at appropriate times, as decided by the CHCP Team. In preparation for this visit, I would ask you to remind your child for the need to be respectful, mature and sensitive to others when the Team are in.

If you have any questions about this visit or require further information, please speak to your child's class teacher(s) – Miss Jennison or Mrs Hutcherson - before the visit takes place.

With kindest regards

Mr Shaw  
Head of School

Mrs Champion  
RE Coordinator

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