

18th December 2025

## Personal Development - Growing Up, Spring 2026

Dear Parents and Carers,

During the Spring Term, Year 5 pupils will be starting the topic 'Growing Up' in PD lessons. This coverage is a compulsory part of the National Curriculum's Relationship Health Education objectives.

Children can get nervous or embarrassed about starting these lessons - however staff are well trained and experienced at supporting children to see these sessions as any other part of Science (biology) or PD (how we keep safe and healthy). We firmly believe that children who understand the changes their bodies will go through will feel more confident about sharing any concerns or worries they have, which leads to good mental wellbeing. As always, class teachers will support the children to feel as relaxed and safe as they can during these lessons. Coverage is taught in their usual classes and children will also have access to an anonymous box should they want to ask questions privately. Like with any learning, some children may need slight adaptations to suit their specific needs. I will work closely with class teachers to tailor provision appropriately.

**The four key questions are outlined below.**

**G1 - How will my body change as I get older?** Key learning involves labelling key body parts using scientific language and outlining how bodies change during puberty.

Key vocabulary covered includes:

Puberty, testicles, penis, Adam's apple, erection, ejaculation, vagina, vulva, clitoris, discharge, menstruation, period, wet dream

**G2 -How will my feelings change as I get older?** Key learning involves understanding that emerging hormones may make us feel confused, worried, embarrassed and how to get help.

Key vocabulary includes:

Hormones, moods, anxiety, insecurity, self-consciousness, risk

**G3 -How will I stay clean during puberty?** Key learning includes understanding that physical changes may lead to using deodorant / washing more regularly / using sanitary products

Key vocabulary includes:

Hygiene, sweat glands, smegma, genitals, bacteria, essential, luxury, poverty

**G4 - What is Menstruation?** Key Learning includes the science of the menstrual cycle, the impact for the menstruator physically and emotionally.

Key vocabulary includes:

Menstruation, menstruator, periods, vagina, vulva, ovaries, ovum, hormones, uterus

If you have any concerns / questions please do not hesitate to email me via the office. Or alternatively, I will be available on Wednesday 7th January, 2026, from 3:15pm in the Cornerstone Classroom for a face to face chat. Coverage will not start in the first week.

Best wishes,

Jenny Winters

Cornerstone Teacher

PD Lead and Trauma Informed Mental Health Practitioner