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11th November 2025

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Parent Puberty Session

Dear Parents and Guardians,

As part of our commitment to supporting the development of our students, we are pleased to invite you to attend an informative session on puberty, which will be conducted by our school nurses. This session is designed to address the physical and emotional changes that children typically experience during this important stage of their development.

The session is scheduled for **Wednesday 26th November at 2.45pm. at St James CE Primary School.** We strongly encourage all parents and guardians of Year 5 students to attend, as this will provide an excellent opportunity for you to engage with the school nurses, ask any questions you may have, and gain insight into how you can support your child during this significant transition.

Our school nurses will cover a variety of topics, including the onset of puberty, changes in the body, emotional wellbeing, and the importance of healthy relationships. The session will also provide strategies for fostering open communication between parents and children regarding these sensitive topics.

We believe that parental involvement is crucial in ensuring that children feel safe and supported as they navigate the changes associated with growing up. Therefore, your attendance would be invaluable.

Please confirm your attendance by Monday 25th November on the form attached to this email.

Due to the nature of this talk we recommend not having young children present.

Year 5 children will participate in the Puberty Talk in their classes on Thursday 27th November 25.

Thank you for your continued support and partnership in your child's education. We look forward to seeing you at the session.

Yours sincerely,

Mrs A Thomas

PSHE Lead