



St. Walburga's Catholic Primary School

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29th June 2026

Dear Parents and Carers of Year 5 girls

In previous years, the school nurse has led a session for the Year 5 girls during the summer term on the physical changes of growing up. The NHS team are no longer able to offer this service, therefore the school will be delivering the session on puberty to the Year 5 girls, using the resources provided by Dorset Healthcare. The session will take place on **Wednesday 15th July** and will be led by the Year 5 teachers. The session will cover the physical and emotional changes of growing up at a suitable level for Year 5. There will be an opportunity for the children to ask questions at an appropriate level.

The session will include the following aspects of growing up:

- Emotional Changes
- Physical changes
- The menstruation cycle
- Keeping healthy
- Looking after yourself
- Knowing who to talk to

There is an electronic reply slip that you will also need to complete. Please be aware that you have the right to withdraw your child from this session. You will find this form by clicking on this link

[Year 5 Puberty Talk 2026 – Fill out form](#)

It may ask you to sign in, if it does, please use your child's Microsoft Teams login. This will need to be completed by **Tuesday 7th July**. It will only take you a couple of minutes to complete and it is required, thank you.

Naturally, we would appreciate the support you can give in talking to your child about the areas we have covered following the session. If you have any questions, please do not hesitate to contact the class teacher or myself.

Yours sincerely

Mrs Crutchley
Deputy Headteacher