



BOURNMOOR PRIMARY SCHOOL

Headteacher: Mrs Laura Snowdon

Lambourne Close

Bournmoor

Houghton-le-Spring

DH4 6HF

Tel: 0191 385 4291

Email: bournmoor@durhamlearning.net

Web: www.bournmoor.durham.sch.uk

23rd June 2023

Dear Parents/Carers,

Changes to the Adolescent Body Talk for Year 5 & 6 Boys and Girls

During the summer term we deliver puberty sessions within our primary school as part of our statutory Relationships and Sex Education (RSE) offer. As a school we are expected to deliver 'changes to the adolescent body' at Key Stage 2 and our Year 5 & 6 class will receive these lessons over the next few weeks.

The purpose of these is to discuss puberty and the forthcoming physical and emotional changes they will experience. This will be relevant to the child's age and understanding. We will look at physical changes, emotional health and mental well-being which will also include online safety.

If you would prefer your child not to take part in the puberty talk please contact the school office.

Yours sincerely

L A Snowdon

Mrs Snowdon (Headteacher)