

School Nursing



St Martin's Hospital
Clara Cross Lane
Bath
BA2 6BR

Dear Parent/Carer,

Re: Puberty, Sex and Relationship Sessions Year 5

Hello I am the School Nurse and I have been asked to teach your children about puberty, relationships and body confidence. Here is a brief outline of what is involved in the sessions and why.

The Aim

The aim of the sessions on puberty is to help and support your children through physical, emotional and moral development that will happen to all of them. Throughout the sessions the children will be encouraged to respect themselves and others enabling them to move with confidence from childhood into adolescents.

Content

We will be discussing body changes for boys and girls and relationships. The children will watch a video aimed at 9-11 yr. olds that look at the changes you can see and those that you can't. The programme is locally delivered to all Schools in The BANES area and is written by the School Nurse team. This is based on National Guidelines "Sex and Relationship Education Guidance" (written by the Department for Education and skills 2000).

Why is it important to teach about puberty, sex and relationships?

It will help the children to understand how they are or will be developing and tackle issues that are part of growing up in a safe and nurturing environment. The information will help them to have knowledge and understanding, leading to confident, healthy and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way.

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What is your role as parents?

I am happy to take the children through these sessions and answer their questions but parents have a key role to play in the children's sex education.

Research shows that young people want to receive their initial sex and relationship education from their parents. This maintains the culture and ethos of the family. It will also mean that if they have difficulties in the future with these issues they will be comfortable to turn to you for support. So here are some things you can do with your children; help them learn the correct names for parts of their body; talk to your children about feelings and relationships. Finally do answer their questions about these issues. If you are feeling uncomfortable a good time to talk is over the washing up, or another everyday activity.

If you have any questions on, please call the School nurse office on 01761 408 111.

I look forward to meeting you and your children.

Yours sincerely,

Maria Donovan (BathNES)
School Nurse

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