

1<sup>st</sup> December 2011

Dear Parents

## **PSHE LESSONS IN THE JUNIOR SCHOOL**

Our School Nurse, Mrs Cheryl Cartwright, will be delivering a programme of PSHE lessons to all Junior School classes during this academic year. Cheryl will be using resources from the Channel 4 'Living and Growing' unit 1 and 2 (for 7-9 year olds) and unit 3 (for 9-11 year olds) and topics will be covered using worksheets, videos and discussion sessions according to the following schedule:-

- Year 3**            **'Differences'**  
Lessons will explore the theme of 'living things': the difference between male and female, feelings, and life cycles.
- Year 4**            **'Changes'**  
Lessons will explore the physical and emotional changes in our bodies and focus on how we feel about ourselves. It reaffirms that puberty is a normal and natural process.
- Year 5**            **'How babies are made'**  
Lessons will explore the whole process of life cycles and reproduction, friendships and feelings.  
**'How babies are born'**  
Lessons will review relationships and feelings, investigate roles and responsibilities and focus on the development of the baby in the womb and the needs of the baby and the mother.
- Year 6**            **'Girl talk' and 'Boy talk'**  
Lessons will review and focus on the physical and emotional changes that take place for both boys and girls. Common problems faced by boys and girls are given consideration.

Nurse Cheryl has been delivering PSHE lessons to Junior School boys for many years and I can assure you that her lessons are delivered in a sympathetic and sensitive manner, whilst at the same time being interesting and informative for the boys. However, if you have any concerns about the nature or content of these lessons, please let me know, or contact Nurse Cheryl direct on 020 8857 1455 or cc@eltham-college.org.uk.

Yours sincerely

E R CAVENDISH  
Master of the Junior School