



Ecclesfield Primary School

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Executive Head: L Chadwick

4th June 2026

[Y4 & Y6 Puberty Workshop](#)

Dear Parents and Carers,

As part of the RHE curriculum, the children will be participating in sessions about puberty over the next half term and at the start of the next academic year. The teaching of this will vary depending on the units and age of the children.

The sessions will include age-appropriate discussions and activities about: the menstrual cycle; how our bodies change during puberty; the emotional changes during puberty; what to expect during puberty; hygiene during puberty and as we grow up.

- Year 4 Lesson objectives include: What is a period?
- Year 5 and 6 lesson objectives include: What is menstruation? How will I stay clean during puberty? How will my feelings change as I get older?

We will be running an online information session which will provide further details about the lessons. If you would like to attend online, please access the link below on **Monday 8th June at 3.25pm**.

Please note: this is a repeat of the puberty workshops previously held, but we would like to offer the opportunity to attend once more to parents and carers. Year 5 teach these lessons at the start of the school year in the autumn term so it would be ideal for the Year 4 parents and carers to attend this workshop so you can see what your child will learn in June and July whilst in Year 4 and also when they are in Year 5.

Miss Garner is inviting you to a scheduled Zoom meeting.

Topic: Y4 and Y6 Parent Puberty Workshop

Time: Jun 8, 2026 03:25 PM London

Join Zoom Meeting

<https://us05web.zoom.us/j/87311382865?pwd=DVybOQJBEhYEpL7EtsCbbDyx3dSO4.1>

Meeting chat link

<https://us05web.zoom.us/jc/87311382865>

Meeting ID: 873 1138 2865

Passcode: 9tBpaN

I look forward to seeing you there!

Miss Garner

