

Wednesday 15th April 2026

Dear Parent / Carer

PSHCE: Year 7 Puberty

This term, as part of our Key Stage 3 PSHCE studies we will be starting a unit of work on Puberty.

Our studies follow the National Curriculum and cover the human reproductive cycle including: changes to your body during puberty; sexuality and stereotypical relationships and what is emotional wellbeing.

We will be viewing and discussing a number of programs aimed at your child's age group on these issues, in addition to undergoing written work for your child to demonstrate an understanding of the subjects. These lessons also support Science lessons, which may have been previously delivered on Puberty, however within PSHCE we explore the moral sides of the subject and understanding the rights and wrongs as well as individual's beliefs.

If you have any questions relating to your child's learning in this area, please refer to the RSHE (Relationship, Sex and Health Education) policy on our website for more information, or please do not hesitate in contacting me.

Yours sincerely



Mrs N Bannister
Lead for PE & PSHCE

