



Proud of Achievement  
Focused on Improvement

# Burlish Park Primary School

Mrs Heather Lindley BA (Hons) NPQH  
Headteacher



Dear Parent/Carer,

During the pupils' My Life (PSHE) lessons this half term, the topic of Relationships and Health Education will be explored by your child's class. The lessons focus on changes in emotions, the reasons for these changes and how to manage them and also the changes that take place in boys' and girls' bodies during puberty.

The Rivers  
CoE Academy Trust



Work in these lessons is consistent with the Department for Education's statutory guidance on relationships education, relationships and sex education (RSE) and health education.



In previous years, parents have asked if I can recommend any books they could purchase for their children to read at home. Below is a list I recommend and these are the ones we use in school to complement the lessons. If you would like to have a look at the books before purchasing, I have a copy in school.



What's happening to me? (Boys)

Usborne

What's happening to me? (Girls)

Usborne

Dr Christian's guide to growing up

Dr Christian Jessen

Puberty boy

Geoff Price

The Care & Keeping of You (Girls)

Valorie Lee Schaefer



If you would like any more information regarding these lessons, please get in contact.



Yours sincerely,



J Lindley

My Life (PSHE) Subject Coordinator



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