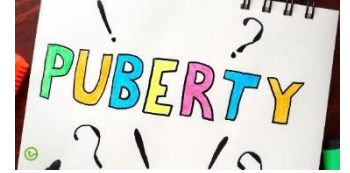




*Care, believe, achieve together!*

Cockfield Primary School,  
Front St,  
Cockfield,  
Bishop Auckland  
DL13 5EN  
Telephone: 01388718263  
Email: cockfield@durhamlearning.net  
Headteacher: Mrs K Costello



### Y4 Girls' Puberty Talk

I'm writing to inform you that your child will be having a puberty talk by one of the school nursing team on **Wednesday 23<sup>rd</sup> June**. This will be a really good opportunity for the children to ask questions and share any worries they may have. This work will include the use of the correct terminology for the parts of the body and discussions about the changes that will happen during puberty. All discussions are age appropriate and happen in a fun way. Our aim is to provide the girls in Year 4 a basic understanding of some of the changes that they will be, or are already experiencing. This talk should help prepare them physically and emotionally and help them have the correct information about how to take care of their bodies and keep themselves safe as they mature.

I would like to take this opportunity to remind parents of some useful websites that you can access at home. Links to these are provided below. Please contact the school office if you have any further questions or do not want your child to take part.

NHS Website

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

KidsHealth

<https://kidshealth.org/en/parents/understanding-puberty.html>

Brook- Healthy Lives for Young People

<https://www.brook.org.uk/topics/my-body/>

Thank you for your continued support,

*Mrs Woods*

Deputy Headteacher