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Dear Parent / Carer,

I am delighted to have been invited to support the puberty education delivered in your child's school this year. This work will consider changes pupils will experience during puberty, complementing the school curriculum and teaching at home. The session will take place on Thursday 7th June, 2018.

The session will take one hour, during this time we will be discussing why the human body goes through puberty and the physical and emotional changes that happen to both males and females. Puberty changes can begin from year 5 onwards, so it is important to begin preparing them for the changes ahead.

During the session diagrams of male and female body outlines are used and there will be discussion about menstruation, female sanitary wear, wet dreams and erections. The children are encouraged to anonymously write down any questions they may have, to be followed up with their teacher. During this session I will show a brief DVD made by Channel 4 called Living and Growing, it is specifically designed for your child's age group and aims to reduce embarrassment, use age appropriate information and respect family values.

I hope this information will be helpful if your child asks questions at home; we deal with all topics factually and actively encourage the children to talk about these sessions with their parent/carer.

The NHS choices website pages on puberty <http://www.nhs.uk/Livewell/puberty> provide useful information and resources to support your discussion with your child; a leaflet on menstruation can be viewed or printed from the FPA website: <http://www.fpa.org.uk/sites/default/files/periods-what-you-need-to-know.pdf>

If you would like to discuss these sessions further or have any concerns regarding your child, please do not hesitate to contact me.

Yours sincerely,

Lorraine Nyren,
Community Staff Nurse,
Bicester School Health Nurse Team.