



# Heartwood Church of England VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF  
Tel 01760 721357 | Fax 01760 720193

[office@heartwood.norfolk.sch.uk](mailto:office@heartwood.norfolk.sch.uk) | [www.heartwood.norfolk.sch.uk](http://www.heartwood.norfolk.sch.uk)

Headteacher Mrs Rebecca Starman  
Deputy Headteacher: Mrs Kelsey McKenna



Monday 3<sup>rd</sup> November, 2025

Dear Parents/Carers,

In Life Skills this half term, we will be learning about how our bodies grow and change from babies to adults, as well as our half termly lesson on internet safety and safe touching.

Below will explain what will be taught each week and what vocabulary will be used. Using the correct, scientific vocabulary will be a huge emphasis of this unit to promote bodily awareness. Your support in using the scientific vocabulary at home would be really appreciated with this.

All children will be given the opportunity to ask questions, however we understand that this subject may evoke many questions at home, and therefore we would like to recommend the following books and website links that you can use to support your child:

## **Books:**

What's happening to me? By Alex Frith.

What's down there? A book about girls' bodies for curious minds. By Alex Waldron

Susan's Growing Up. By Sheila Hollins and Valerie Sinason

Hair in funny places. By Babette Cole

Questions children ask and how to answer them. By Miriam Stoppard

## **Websites:**

<https://amaze.org/?topic=puberty>

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

For female students, we would recommend that when the time comes for your child starting their menstruation cycle that you let the office know so we can fully support them in school. We keep an emergency supply of sanitary products in school should your child need them. We also have sanitary bins around the school which can be used by your child to dispose of sanitary products.

If you have any questions, please do not hesitate to get in contact.

Kind regards,

Mrs Jex



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|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week beginning:<br>3 <sup>rd</sup> November  | Internet Safety recap<br>All about my dreams and aspirations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week beginning:<br>10 <sup>th</sup> November | <b>Understanding what puberty is.</b><br>We will be looking at what puberty is, when it happens, and the changes that happen to females and males during puberty.<br><br><u>Key words:</u> growing, changing, puberty, mature, child, teenage, adult, hormones, genitals, vulva, vagina, penis, testicles, breasts, pubic hair, Adam's apple, voice box,                                                                                                                                                                                                                      |
| Week beginning:<br>17 <sup>th</sup> November | <b>Understanding what puberty is.</b><br>We will be looking at how during puberty the body prepares itself for reproduction. This will include menstruation, erections and wet dreams.<br><br><u>Key words:</u> internal, external, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, clitoris, labia, menstruation, menstrual cycle, period, blood, pads, tampons, re-useable, Adam's apple, penis, testicles, scrotum, foreskin, epididymis, bladder, anus, sperm, semen, erection, ejaculation, wet dream/nocturnal emission, pubic hair |
| Week beginning:<br>24 <sup>th</sup> November | <b>How personal hygiene routines change during puberty.</b><br>We will be looking at the areas of our body which will change and need additional hygiene routines. We will also be looking at sanitary products for females.<br><br><u>Key words:</u> hygiene, clean, cleanliness, self-esteem, self-confidence, sweat, body odour, spots, periods, period products, tampon, pad, re-useable                                                                                                                                                                                  |
| Week beginning<br>1 <sup>st</sup> December   | <b>How puberty can affect our emotions and feelings.</b><br>We will be investigating the 'emotional rollercoaster' that can happen during puberty, and how to deal with these emotions including where to go to for support.<br><br><u>Key words:</u> emotions, rollercoaster, up and down, frustrated, angry, moody, attraction, adolescent, advice, support                                                                                                                                                                                                                 |
| Week beginning:<br>8 <sup>th</sup> December  | <b>Exploring consent and safe touching.</b><br>We will be recapping on where it is acceptable for people to touch us, and us to touch other people, and our/their right to say no.<br><br><u>Key words:</u> Privacy, consent, saying no, body parts.                                                                                                                                                                                                                                                                                                                          |



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## Top Tips for parents

1. Have a look at a range of resources to gain ideas and identify those appropriate for you and your child.



2. TV, films or a character from a book can be a useful way to explore feelings values and beliefs.



3. Use the correct terminology when talking about body parts: breasts, vulva, vagina, penis and testicles. Knowing the correct words for parts of their body helps to keep children and young people safe and look after their health. Even if you use other words at home, it's important that children know the correct terms too.



4. Talking about puberty, body image and body changes can be embarrassing which is often why we avoid it. It is OK to show your feelings, acknowledge embarrassment and use humour for any awkward bits!



5. One way of assessing your child's knowledge and feelings is for your child to draw a gingerbread person and draw or write body and emotional changes on and around the picture.



6. It is important that your child can ask you questions. Answer honestly and if you don't know the answer say you will find out. If your child asks a question at a difficult time prepare a response, e.g. "*that's a good question, let's talk about it later*". However, ensure you do return to their question or you risk your child not coming back to you in future.



7. Take a lead from your child as to whether the discussion is pitched at the right a. level. Don't worry though, too basic and your child will ask for more detail, too advanced and they will only take away what they understand for their age, maturity and ability.



8. Don't give up if your first attempt doesn't go well. Try a different approach or an alternative resource such as a book, video link or website.

