



St Katherine's School



7 November 2019

Dear Parent/Carer

Year 7 Girls' PSHE lesson - Friday 22 November

Mrs Georgina Ball, Head of Girls PE, is delivering the above lesson to Year 7 girls on Friday 22 November, this will be in place of their usual PE lesson. The lesson will cover the basics of the menstrual cycle, how periods will affect girls (both physically and emotionally) and how they can deal with them.

Although most girls start their period around the age of 12, some girls will start as young as 8. For that reason, it is really important we start talking about periods and menstruation in a supportive setting as early as possible so everyone is informed. The aim of the lesson is to reassure all pupils during this perfectly natural time in their lives, whilst encouraging open and respectful discussion between peers. Your child will be given free samples supplied by Always & Tampax and will also bring home a parents' leaflet that you can use to support your child in these changes.

You may find that your child starts asking questions about the topic at home and you might want to take the opportunity to talk to your child about this before it is covered in school. If you have any queries about the lesson, please do not hesitate to contact myself on 01275 373737 or email ballg@skdrive.org

Should you **not** want your child to be part of this lesson, please complete the reply slip below.

Yours sincerely

Georgina Ball

Georgina Ball
Head of Girls' PE

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Year 7 Girls' PSHE lesson - Friday 22 November	
Name of Student:	Tutor Group:
I do not wish my child to be part of the PSHE lesson on Friday 22 November 2019.	
Signed: _____ Parent/Carer Date: _____	
Please return to the Student Support Office, FAO Mrs G Ball	