



St James' Church of England Junior School

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Headteacher: Mrs J Rushton

16th March 2026

Dear Parent / Carer

Years 5 – Growing and Changing

It is a requirement of the National Curriculum that Relationship and Sex education (RSE) is taught to children. In order to fulfil this Donna Moore, a Specialist Health Educator, is coming into school this week on Wednesday 18th March to show a DVD and talk about Puberty.

The talk and DVD is normally followed up with relevant worksheets that the children will bring home for you to look at and discuss with them should you wish to do so. Any issues that arise are dealt with sensitively.

We have arranged with Donna that her contact details are available from school if anyone would like to talk to her about the content of the lesson and DVD shown.

Many thanks
Mrs Rushton
Headteacher

