



SANDWELL METROPOLITAN BOROUGH COUNCIL
The Federation of Abbey Infant and Junior School



Dr. Richard Kentish - Executive Head Teacher - Mrs Jade Yale - Executive Deputy Head Teacher
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Wednesday 1st October 2025

Dear Parents and Carers,

Year 5 – ‘Growing Up and Puberty Talk’

All pupils in Year 5 will be receiving a talk by the Sandwell School Nurse Team on ‘Growing Up and Puberty’. This is a National Curriculum requirement.

Pupils will be shown a presentation and given a talk on changes in their bodies. “The Puberty session being delivered to your child will cover the changes boys and girls go through both physically and emotionally during this time. The session is delivered to both genders together, with the children receiving factual information, around the changes their bodies go through”. There will also be the opportunity for questions following the session.

The children will be given several activities which look at changes in both boys and girls.

This letter is to advise parents and carers that **all children** will take part in this session delivered by the School Nurses.

In addition to the school nurses visit, a Parent Puberty session will be held at Abbey Junior School on **Tuesday 7th October at 14.45pm** and will take approximately 40 mins. This will explain the content of the session delivered to the children.

Unfortunately, due to health and safety, we also ask that no siblings or other children attend.

If you wish to attend, please confirm on ParentPay by **Monday 6th October 2025.**

Yours sincerely

Ms. S M Collins
School Business Director
Executive Head Teacher’s PA

Abbey Infant School

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Abbey Junior School

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