



Headteacher: Mrs L. Collins

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Thursday 3rd September 2026

Dear parents and carers,

Week commencing the 14th September (a little earlier than last academic year) we have our Health Education Programme which contains various sessions delivered by the school nurses aimed at specific year groups as detailed below:

Date	Group	Session	Description
15.9.26 2.30 pm	Year 5 parents	Parent Puberty Session <i>(No need to sign up, just turn up on the day)</i>	Takes approximately 40 mins & will explain the content of the session being delivered to the children on 16.9.26.
15.9.26	Year 6	Emotional health transition to secondary school	Exploring emotional health with a focus on transitioning to secondary school through a roadshow *This may be postponed to a later date.
15.9.26	Year 2	NSPCC PANTS	To inform children of the right to say no to anyone asking to touch their private parts. Medical body part names will be used ie: penis, vagina, nipples.
15.9.26	Year 3 Year 4	Healthy Eating & the importance of physical activity roadshow	Eatwell plate and healthy food options - and the importance of physical activities. Roadshow delivered in hall.
16.9.26	Reception	Hands & Teeth talk	Prevention of the spread of germs plus oral hygiene.
16.9.26	Reception Year 6	National Child Measurement Programme (NCMP)	Measurement of pupils Heights and Weights – year 6 children will be measured in a private space. Separate information and opt-out letter already emailed out.
16.9.26	Year 5	Puberty	Body changes <i>The Puberty session being delivered will cover the changes boys and girls go through both physically and emotionally during this time.</i>

			<i>The session is delivered to both genders together, with the children receiving factual information, around the changes their bodies go through. Correct medical body part names will be used i.e.: penis, vagina, nipples.</i>
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There is no expectation to book to attend the parent session, please feel free to turn up at the main reception on the 16.9.26 at 2:30pm..

Regards,

Mr Weaver