Heaton St. Barnabas' C.E. Primary School

Rossefield Road, Heaton
Bradford, BD9 4DA
Tel: 01274 545019 Fax: 01274 553910
Headteacher: Mrs Diane Smith NPQH.

Proud to be a member of The Bradford Shine Partnership

Dear Parent/Carer

Re: Year 5 Puberty Talk

We have organised our puberty talk sessions on **Monday the 8th of June for the Year 5 boys and girls separately** which will inform our pupils of the expected body changes and other important information they need now that they are approaching adolescence. As you will appreciate, these can be difficult times for children and they often have many questions, so we will try to answer any questions with sensitivity and using appropriate age-related language. Please note these sessions will be delivered separately, for girls and separately for boys by fully trained practitioners.

Boys:
We have arranged for the school NHS health professional to come in and deliver this session.

Girls:
We have arranged for Jasmin and our trained Pastoral Team to deliver this session.

The changes your child will be going through in the next few years can be very stressful and confusing for them, which is why we hope you will support these talks and help towards your child's wellbeing. If you **do not** want your child to take part, please fill in the opt-out reply slip below and return this to the school office by first thing **Monday 8th June 2026**.

Yours sincerely

Mrs D Smith
Head Teacher

Year 5 Puberty Talk Opt-Out Reply Slip

I **do not** give permission for my child below to take part in the Puberty Talk.

Name of Child: …… **Class:** …….

Signed: ……..……Parent/Carer **Date:** ……/……/…….

Please return this slip to the school office by **Monday 8th June 2026**