



**GLENWOOD SCHOOL**  
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Dear Parents & Carers

Following some requests from Year 7 parents to cover aspects of puberty this year with their child, we have decided to make a change to the Year 7 PSHE curriculum. Instead of covering 'Desert Island Living' during the second half of the summer term we will now be covering 'puberty' instead.

The puberty unit covers the following themes:

- Body changes
- Emotions
- Hygiene
- Periods
- Wet dreams and erections

I am attaching the unit outline so you can see what content is covered week by week. Puberty is part of health and relationships and therefore there is no right to withdraw however, if you have any concerns about this change to the curriculum or would like more information please do not hesitate to contact me.

Yours faithfully

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