



*St Andrew's C. E. Primary School*  
*Grafton Street, Kettering, Northants NN16 9DF*

**LEARNING AND  
FLOURISHING  
TOGETHER**



*"Love your neighbour as yourself"*



4<sup>th</sup> March 2024

Dear Parents/Carers,

### **Year 5 & 6 Menstruation/Periods discussion**

As a school, and taking your feedback, we strongly believe that both girls and boys should learn about menstruation/periods during their time with us. Girls will be taught about this first and then boys later on in the year.

**Like last year, we feel it would be beneficial for the Year 5 and 6 girls to have an opportunity to discuss this in school during this half term**, on their own, to learn about what might happen, the signs and the resources available in school.

As you will know, children show signs of puberty at different ages, and the average age for starting periods is between 10-15. There will be some children who start earlier and some who start later. We understand the benefits of both boys and girls knowing about this, and we will revisit this later in the year for the rest of Year 5 and 6, during our unit 'Growing and Changing'.

If you would like to know more information, please don't hesitate to get in touch. If you would prefer that your child does not take part in the menstruation talk during this half term, please email [a.green@standrews.pdet.org.uk](mailto:a.green@standrews.pdet.org.uk) by Wednesday 6<sup>th</sup> March 2024.

Our best wishes,

The Year 5/6 Team