



**ST JAMES CATHOLIC
PRIMARY SCHOOL, HEBBURN**

5th June 2024

Dear Parents and Carers,

Year 5 Girls Stages of Puberty and Periods

On Wednesday 12th June the nurse will be coming to the school to speak to the Year 5 girls about the early stages of puberty and periods.

The nurse's visit will help girls:

- understand the menstrual cycle
- know what to expect during a period
- with personal hygiene
- to manage periods while continuing with normal activities.

If you have any concerns or would like further information about the nurse's visit please do not hesitate to get in touch.

If you **DO NOT** want your child to take part in this talk please call the school office otherwise everyone will be involved.

Kind regards,

Mrs F Heslop
Headteacher

Mrs Francesca Heslop
Headteacher
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Bishop Chadwick
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