



Brough Primary School  
Springfield Avenue  
Brough  
East Riding of Yorkshire  
HU15 1AE  
Telephone: (01482) 667352

Headteacher: Mrs H Shepherdson

28<sup>th</sup> September 2023

Dear Parent/Carer,

### **Year 6- GROWING UP TALKS**

Each year, the school nurse talks to the children about how their bodies change as they grow into teenagers. Many children today are maturing at a very early age and we need to be able to support them through this changing time.

The School Nurse will be in school on the morning of **Monday 9th October 2023**.

Separate talks are given to boys and girls. The girls' talk will be supported by Mrs. Wilson and the boys' talk will be supported by Mr Miller. There will be opportunities for the separate groups to discuss afterwards.

A paper copy of the presentation is available from the school office upon request.

Please find below a copy of the hyperlinks to the videos that the school nurse will be using to support the talks:

<https://youtu.be/Ub0c2xFOKpQ> Intro Puberty

<https://youtu.be/Ahk5y98Ndns> Looking After You.

[Body changes for boys and people with a penis - YouTube](#) Boys video

[https://youtu.be/uotzoDDRW\\_s](https://youtu.be/uotzoDDRW_s) Wet Dreams

[Body changes for girls and people with a vagina - YouTube](#) Girls Video

[https://youtu.be/vXrQ\\_FhZmos](https://youtu.be/vXrQ_FhZmos) Menstruation

<https://youtu.be/PzGauky20tc> Gender explained

Email: [brough.primary@eastriding.gov.uk](mailto:brough.primary@eastriding.gov.uk)

Website: [www.broughprimaryschool.co.uk](http://www.broughprimaryschool.co.uk)



If for any reason you would prefer your child not to be included in this talk, please contact the school office as soon as possible.

Please try to find time to follow up this talk at home so that children are encouraged to share any concerns.

Yours sincerely

Mrs H Shepherdson  
Headteacher

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