

**High Wycombe Church of England School**  
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Headteacher: Mrs C Hawkins BEd (Hons), NPQH

*Be strong and  
courageous.....for  
the Lord your God is  
with you*

Friday 28<sup>th</sup> February 2025

Dear Parent/Carer

### **Growing and Changing - PSHE**

In Year 4's PSHE lessons this half term they are discussing changes that may happen as they get older, including physical and emotional changes, personal hygiene changes, and what they might be able to do when they are older. During the lesson on Thursday 27<sup>th</sup> February, some children shared about their understanding of menstruation and that females experience periods as they get older. We wanted to share this with you in case your child has any questions about this at home.

If you have any questions, please speak to Mr Smith, Y4 class teacher, or myself.

Kind regards,

Miss Johns  
Assistant Headteacher

