

22 January 2018

Dear Parents

Year 5 and 6 Transition Talk Thursday 22 February 2018

I am delighted to confirm that Doctor de Giorgio will be visiting Year 5 and 6 on Thursday 22 February 2018 to share her knowledge and expertise on some aspects of growing up as part of the Personal, Social and Health Education Curriculum. We have been privileged to have Dr de Giorgio manage these sessions for the last four years at St Faith's and they have been highly regarded and very much appreciated.

She will ensure that all children are given information to help them in the important years as they go through puberty and give quality time to discuss issues that are important to them. A DVD called 'All about us' will be shown followed up by practical advice on the following:

- Feeling good
- Identifying parts of the body including sexual body parts
- Identifying when and where changes may take place in boys and girls during puberty
- Asking the children what they look forward to and what may worry them
- Preparing for changes (e.g. emotions, menstruation) and people who can help
- Personal Hygiene, especially during puberty
- The reproductive system and how it works

The children will view both the boys and girl's sections of the DVD separately, the girls will have their presentation in the morning and the boys will be in the afternoon. They will also have the opportunity to have a discussion as well as a question and answer session. Questions will be answered in an honest, open and age appropriate manner. Children may be encouraged to ask the question at home if it seems inappropriate for whole class discussion.

I feel that it is our duty as a school to ensure that our children are well prepared for all eventualities of life that will eventually confront them; however, I will fully respect your wishes if you do not want your child involved and ask that you fill in the attached slip confirming that you are or are not happy for your child to be involved in the Transition Talks. To ease any concerns you may have in relation to the talk, there will be an opportunity on Wednesday 31 January, at 4.15 in the 5A classroom, for parents to view the material and discuss the outline of the content. However, if you are unable to attend the meeting and would like to discuss the Transition Talk in greater detail, please do not hesitate to contact me. Please also find the enclosed letter from Dr de Giorgio explaining the talk in more detail and her email address if you wish to discuss it further with her.

We hope that this session will compliment what you may have already discussed or be planning to discuss at home and that you will want your child to take part.

Please could you complete the attached form and return it to the office Monday 5 February 2018.

Yours sincerely



Lawrence Groves
Headmaster

Year 5 & 6 Transition Talk - Thursday 22 February 2018

Child's name: _____ Class: _____

I confirm that I am happy for my child to be involved in the transition talks and view the DVD on Thursday 22 February 2018.

I do not want my child involved in the transition talks.

Signed: _____ Name: _____ Date: _____

Dear Parents

I am writing to introduce myself to those parents of Year 5 & 6 children who are soon to receive the Transition Talk, part of PHSE, on puberty, pregnancy and birth on Thursday 22 February 2018.

I am a GP in Deal, and I have a daughter in Year 2 currently. My specialist interests as a GP are gynaecology, sexual health and reproductive health (along with perinatal mental health) and I look after many children from all backgrounds with regards to their reproductive health. I also train GPs in this area and I have achieved a Post-graduate Certificate in Medical Education so I am used to and experienced in teaching.

As a GP with an interest in this, I am only too aware of the problems children and young people face when they are not fully aware of what is happening to their bodies and also the consequences that occur during teenage years if they don't receive a good understanding of sex and sexual health when they are younger. This has to be age appropriate to ensure they understand and don't receive too much information that might scare them and I hope that the talks that I have done so far have provided that balance.

We speak to the boys and girls separately so that they feel more free to ask questions. I also provide an anonymous 'questions' box which they can write questions on that they might not wish to ask out loud. For the girls, as well as the sexual and childbirth education, I spend quite a lot of time dealing with puberty and periods in some detail, as this is something they have many questions about. With the boys, we deal with puberty and childbirth and I make sure they understand about periods but we don't spend quite as much time on it.

I base my talks around the 'Living and Growing (Adapted)' series of videos. These are age appropriate, good and compatible with the guidelines regarding the teaching of sexual and reproductive health.

The DVD is kept at school and the school will arrange a viewing of it for any parents who wish to see it before their children do as I understand that for some parents this can be quite an emotive topic. This will be shown on Wednesday 31 January at 4.15pm in the 5A classroom. I respectfully request please that no parents ask to take the DVD home to watch as there is only one copy and it is expensive to replace.

The school does give the option for parents to take their children out of teaching if they have a strong belief that they should not take part. This is obviously your decision as a parent, but I would ask you to think about why you would want to remove your child from this teaching as it is something that they really must know about to stay safe and happy in the next few years of their lives. This age is about right for them to start knowing the 'facts of life' and from my clinical experience, ignorance is not bliss for the majority of children. Many girls now start their periods aged 10 or 11 and so this teaching really matters for them.

I am more than happy to answer any questions you may have. I can be emailed on stephaniedegiorgio@gmail.com and would really value your questions rather than have you worrying at home about what I am going to tell your child.

These have been really fun sessions so far and the Year 5 and 6 staff come in and sit with me and I hope would be able to confirm the success of them so far for you.

Regards

Dr Stephanie DeGiorgio



An independent prep school and nursery for boys and girls aged 2 to 11

St Faith's at Ash School Limited, registered in England number 08101221