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## Nether Green Junior School

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Thursday 11<sup>th</sup> June 2026

Dear Parent/Carer,

On Thursday 2<sup>nd</sup> July, we will be holding a whole-class discussion about menstruation. This discussion will be age-appropriate and aimed at providing basic information about changes that our bodies go through, in line with the national curriculum.

Following the whole-class discussion, there will be a Y4 girls session for Year 4 students. This session will be led by Miss Horsefield and Mrs Sime. During this session, we will go into more detail about female biology and the girls will also have the opportunity to ask questions anonymously. Our aim is to create a safe and supportive environment where children feel comfortable addressing any queries or concerns they may have about menstruation.

We understand that discussions around menstruation can sometimes be sensitive topics for both parents and children. However, we believe that open and honest communication is essential in providing children with the knowledge and support they need as they navigate through these changes.

If you have any questions about this event, please do not hesitate to get in touch with us via the Y4 email- [y4@nethergreen-jun.sheffield.sch.uk](mailto:y4@nethergreen-jun.sheffield.sch.uk).

We'd like to thank parents/carers for your continued support in helping us provide a nurturing and inclusive learning environment for all our children.

Yours sincerely,  
Y4 Team

