



# Hughenden Primary School

Working Together, Empowering Lives, Enriching Minds

Tuesday 05<sup>th</sup> July 2016

Dear Parents and Guardians,

We have been offered a very unique and important opportunity to help support your child as they move towards puberty. Mrs Julia Bradbury, a registered nurse, who has worked with the Healthy Schools team, will be offering a 'Mothers and Daughters' session for girls in years 4,5 and 6, on the 7<sup>th</sup> July 2016, from 3.00pm - 4.00pm at Hughenden Primary.

This session is designed to help support both parents and children in discussing this important part of a girl's development. The session will cover the physical and emotional changes that take place during puberty, including menstruation. It will also include practical activities using sanitary products and quizzes to help start conversations at home. Towards the end of the meeting, there will be an opportunity for an anonymous question and answer session.

If you, or a family member, would like to attend this fantastic opportunity, please fill in the slip below so we can make sure we have enough samples for the activities.

Your Sincerely,

Mrs Sarah Leighton  
Headteacher

Mother and Daughter Session – Thursday 07<sup>th</sup> July 2016

I ☐ will / ☐ will not be attending the Mothers and Daughters afternoon with my daughter. (Please circle appropriate)

Name of parent \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Headteacher: Mrs Sarah Leighton**

Spring Valley Drive, Hughenden Valley, Bucks, HP14 4LR

Tel No: 01494 562501

Email: [office@hughendenprimary.co.uk](mailto:office@hughendenprimary.co.uk)

[www.hughenden.eschools.co.uk](http://www.hughenden.eschools.co.uk)

