



Year 7 PSHE – Puberty, Health & Hygiene Update

Dear Parents and Carers,

I wanted to provide a brief update on recent PSHE lessons in Year 7. Over the past few weeks, students have been learning about health, hygiene, puberty, and menstruation—topics that, while sometimes sensitive, have been met with maturity and thoughtful engagement.

Health & Hygiene

We've explored the importance of daily hygiene, especially as students begin to experience the physical changes that come with puberty. This includes an increase in sweating, the potential onset of spots, and the need to adapt personal hygiene routines—such as regular washing, changing clothes, and using deodorant. We also discuss the benefits of eating a healthy, balanced diet and reducing the intake of ultra-processed foods.

Puberty and Menstruation

While the biological aspects of puberty are covered in Science, our PSHE sessions provide space to explore the emotional and social aspects. Students also took part in a dedicated session with Split Banana during our PSHE drop-down day in February. To complete the Year 7 "Changes" curriculum, we've revisited the physical and emotional developments associated with puberty. One of the first responses from students when asked about puberty was: "mood swings!" thus highlighting how tuned in they already are to some of these changes.

We've reinforced that there is no 'normal' when it comes to puberty or periods—everyone develops at their own pace, and each journey is unique. Students have been introduced to a range of sanitary products, with a focus on sanitary pads, tampons, and period pants. They were particularly curious about the care required for period pants and often surprised by the concept of tampon insertion. We also remind students that sanitary products are available for free from Student Welfare—no need to ask; they can simply 'grab and go.'

Further Support

Buckinghamshire County Council has recently recommended several books that may help support ongoing conversations at home about puberty and periods. These resources, each with their own strengths, can be a helpful starting point for discussion or reassurance.

[What's happening to me?](#)

[My body's changing; A girl's guide to growing up](#)

[Puberty is gross but also really awesome](#)

We will continue to provide a safe, respectful space for students to learn and ask questions about these important aspects of growing up.

Yours faithfully,

Emma Pritchard

Deputy Headteacher