



# SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

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26<sup>th</sup> March 2021

Dear Parent/Carer of year 7 & 8 students,

## Re: Year 7 & 8 puberty assembly

We will be running an all girls' assembly to cover some important information on the early stages of female puberty, which many year 7/8 students are beginning to experience. We will be covering the following content:

- Understanding the physical and emotional changes they experience during puberty and acknowledge these changes as a normal part of growth and development.
- Understand that personal hygiene is each individual's responsibility.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities.

We will also be supplying the girls with some sanitary starter packs including some sanitary pads.

If you **do not wish** for your daughter to take part in this assembly, please inform the relevant head of year.

Year 7 – Miss Rath – [emily.rath@sirthomasfremantle.org](mailto:emily.rath@sirthomasfremantle.org)

Year 8 – Miss Spence – [rosie.spence@sirthomasfremantle.org](mailto:rosie.spence@sirthomasfremantle.org)

Yours Faithfully

Miss Rath and Miss Spence  
**Learning Leads of Year 7 & 8**

