

South Farnborough Junior School

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Headteacher: Mrs J Byrne

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Dear Parents and carers,

As a part of your child's education at South Farnborough Junior School, we promote personal wellbeing and development through our Personal development learning (PDL) curriculum. PDL is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, later this half term, your child's class will be taking part in lessons which will focus on the relationships and health education aspect of this programme.

In Year 4 pupils will learn:

- about the way we grow and change throughout the human lifecycle.
- about physical changes associated with puberty including periods, hair growth and spots.
- how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty.

Alongside our teaching we use clips from the cbbc show 'Operation ouch! Don't panic about puberty' and can be found on BBC iPlayer and YouTube if you wish to watch it in order to support your child at home.

PDL is taught throughout the school in every year group and is monitored and reviewed yearly. Please visit the school's website for more detail about our PDL curriculum and our Relationships and health policy.

[PDL Curriculum](#)

[Relationships and Health Education Policy](#)

All PDL teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you would like to find out more, please contact the school and we can discuss it together.

Yours sincerely,

Mrs Granfield

PDL subject coordinator

