

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 at the end of 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. During these sessions the boys will be taught by a male member of staff and the girls a female member of staff.

In Year 5 pupils will learn:

- the correct vocabulary for their body parts and recap the key physical changes that happen in puberty. Such as periods, hair growth and vocal changes.
- the impact puberty can have on physical hygiene.
- how to build strategies to deal with feelings in the context of relationships, including friends and family.

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

