

# St Matthias Church of England Primary School

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Dear Parents/Guardians,

## RE: Personal Hygiene and Body Odour Awareness

We hope this message finds you well. At St Matthias, we are committed not only to the academic growth of our students but also to their personal and social development. As part of our efforts to promote health and wellbeing, we would like to address an important topic: personal hygiene, specifically body odour.

As children approach and go through puberty, their bodies undergo many changes. One common change is an increase in body odour due to hormonal changes and increased activity. While this is completely normal, it is important that children learn how to manage it effectively through personal good hygiene practices.

We kindly encourage parents and guardians to speak with their children about:

- **Bathing/showering daily**, especially after physical activity.
- **Wearing clean clothes** each day, including socks and undergarments.
- **Using deodorant or antiperspirant**, especially from late primary school age onwards.
- The importance of **good hygiene** in social situations and its impact on self-confidence and peer relationships.

We understand that these can be sensitive topics, but addressing them early helps children build healthy habits and feel more comfortable and confident in themselves.

Thank you for your support in promoting a healthy and respectful school environment. If you have any concerns or would like support in discussing hygiene with your child, please feel free to reach out to us.