



16/2/2022



Dear Year 4 parents and carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social, Health, Citizenship and Economic education (PSHCE) curriculum. These lessons look at many topics including relationships, health and wellbeing, and living in the wider world. The aim of the PSHCE curriculum is to help our pupils make safe and informed decisions during their school years and beyond.

After half term we will be learning about how our bodies change during puberty. We will look at how the bodies of boys and girls change (including menstruation), how puberty can affect emotions and feelings, and how personal hygiene routines change during puberty. The children will use the correct terms for their private parts e.g. genitals, vulva (outside), vagina (inside), penis and testicles. The girls and boys will be taught separately during these sessions but they will learn about the changes of both sexes.

This part of the curriculum is statutory but we wanted to let you know that we will be teaching your child about puberty as you may find that your child starts asking questions about the topic at home. You might also want to take the opportunity to talk to your child about puberty before the work is covered in school after half term.

We will be developing the children's knowledge and understanding of the vocabulary relating to the topic and be working from the Channel 4 programme, *Living and Growing*. We will also be using resources recommended by the PHSE Association.

Please contact your child's class teacher if you would like to find out more about what your child will learn and how you can best support your child at home. Please also let us know if you would like to view the resources we will be using.

Yours sincerely,

Julie Kahlon (Subject lead for PSHCE education)

