



Sex and Relationships Education Curriculum: Year 4

Dear Parents and Carers,

As we look forward to the half term ahead, we would like to take this opportunity to provide some additional information about what the children will be learning in PSHE as part of their Sex and Relationships Education. This is an increasingly important aspect of the Year 4 curriculum, as the children are experiencing the world around them in a variety of different ways – both virtually and physically - and experiencing personal changes at different times. In fact, we are finding that many of our children are experiencing some of these changes earlier than ever before. We feel a responsibility to ensure that the children are as informed as possible to help reduce any worries they may have about their bodies and the changes they are going through.

The Relationships education this half term will build upon the learning that has already taken place in Year 3 around different families, respectful relationships and knowing the scientific names of body parts.

The planning for this unit focuses on three main areas of relationships and health: the human life cycle (things that change in humans from birth to old age), puberty and menstruation and different types of period products.

We believe that this topic is important in supporting the children to learn about, identify and understand any changes that they may be going through or will begin to experience in the near future.

In accordance with our school policy, we would like to give you the opportunity to discuss the content of what is going to be taught or preview the lesson plans and activities that we will use. We would like to invite you into school to do so on **Tuesday 13 January at 2:30pm**. If you are unable to make this time but would like to know more about what is going to be taught, please contact the office to make them aware or write a note in your child's planner and we will send the information home for you. If you would like to discuss any aspects of the learning, please get in contact with your child's class teacher in the same way.

Thank you for your support, as always we are here to help with anything at all.

Kind regards,

Charlotte Thornton

Year 4 lead

Millie Tanner

PSHE lead



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