31.3.22

Dear Parents and Carers,

After the Easter holidays, as part of our statutory PSHE/RSE curriculum, children in Year 4 will be taught about the changes to their bodies in relation to puberty. This is to prepare them for the physical and emotional changes that they will undergo as they enter adolescence, and also to ensure they have the correct facts. It is important that boys / girls are taught about both sexes, so there is no misunderstanding and they are fully informed.

In Year 4, teaching is focused mainly on the basic physical changes, with some basic facts around menstruation. Following up from this, Year 5 and Year 6 will look at puberty, including menstruation in more detail.

We do not teach about human reproduction (how babies are made) in school but obviously as a parent this is your choice for when you decide to have these conversations. Some questions the children may ask will therefore be left unanswered, so they may come home and want to discuss these further with you.

RSE objectives for Y4:

- I understand how my body will change e.g. hair, body odour, spots, growth spurts.

- I can look after my body and health (focus on personal hygiene during puberty)

- I know the key facts about puberty, especially menstruation

If you wish to contact the Year 4 team with any queries or questions about this, please don’t hesitate to get in touch. Alternatively, you may want to revisit the PSHE/RSE documentation on the school website, which outlines coverage in every year group in RSE.

Kind Regards,

Miss S Layfield

Assistant Headteacher