



Dear Parents and Guardians,

Headteacher: Mr Cunniffe

As part of our ongoing commitment to providing comprehensive and age-appropriate education for your child, we are writing to inform you about the upcoming Relationship and Health Education component of our PSHE (Personal, Social, Health, and Economic) curriculum for Year 4.

During this half term we will be introducing the 'Changing Me' unit from the Jigsaw PSHE program. This unit is designed to help children understand the concept of growth and change in a sensitive and age-appropriate manner.

What Your Child Will Learn

The focus will be on the following key areas:

Having a baby: Understand that having a baby is a personal choice and can express how to feel about having children as an adult.

Understanding Puberty and Menstruation: Children will begin to learn about the changes that occur during puberty in both boys and girls, including physical and emotional changes.

'Puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in this 'Changing Me' Puzzle' (unit).

Respecting Privacy and Boundaries: Reinforcing the importance of personal privacy, boundaries, and respecting their own bodies and those of others.

Physical Differences and Personal Hygiene: Discussing the physical differences between boys and girls in an age-appropriate way and introducing the importance of personal hygiene during puberty and menstruation.

How We Teach

Our approach is to provide this information in a safe, supportive, and non-judgmental environment. The lessons will be delivered through age-appropriate activities, stories, and discussions. We aim to foster a positive and respectful understanding of these natural changes, ensuring children feel comfortable and informed.

Parental Involvement

We value your role in your child's education and understand that discussing these topics can be sensitive. To support you further, please speak to your child's class teacher, who can provide information and resources to help you continue these important conversations at home.



An Endeavour Learning Trust School
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We are committed to ensuring that our students receive a well-rounded education that supports their overall Health and Well-being. Thank you for your continued support in your child's learning journey.

If you have any questions or concerns, please do not hesitate to contact us.

Warm regards,

Mr Mark Cunniffe
Headteacher

Mrs Vicky Taylor
PSHE Subject Lead

Headteacher: Mr Cunniffe



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