



18.05.2022

Year 4 PSHE Changing Me

Dear Parents/Carers,

After half term, we will be beginning a new PSHE topic called Changing Me. This forms an important part of our curriculum. As of September 2020, it is now statutory for schools to teach Relationships and Health Education.

We have revised our curriculum to ensure we include all the statutory requirements and cover a range of topics in an age-appropriate way. This will enable children to make sense of the physical and emotional changes that are happening to them, as well as helping them to keep themselves healthy and safe.

You may find that your child starts asking questions about the topic at home, or you may want to take the opportunity to talk your child about it before the work is covered in school.

The following vocabulary will be delivered to the children in Year 4:

**personal, unique, characteristics, parents, Sperm, egg/ovum, penis, testicles, vagina/vulva, womb/uterus, ovaries, making love, having sex, sexual intercourse, fertilise, conception, feelings, responsibilities, carers, language, mannerisms, Influence, puberty, menstruation, periods, circle, seasons, change, control, acceptance, looking forward, excited, nervous, anxious, happy**

Further information regarding our PSHE and RSE curriculum can be found on the PSHE tab on our school website. If you have any concerns or questions regarding the content that will be taught, please contact school and we will make this available. Otherwise, we will assume you are happy for your child to receive the full programme of lessons.

Yours sincerely,

Mrs Jones  
PSHE lead

