

RIVER PRIMARY SCHOOL

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Be your best you

Dear Parents/Carers of children in Year 4,

Our PSHE (Personal, Social and Health Education) Programme follows the Jigsaw scheme. This has recently been reviewed as some of the content has become statutory as a result of changes to the national curriculum.

You can find our updated policy for PSHE and a guide for parents on our school website -
<https://federationlyddenandriverdover.secure-primariesite.net/relationships-sex-and-health-education/>

The Summer Term unit is called 'Changing Me' which is a school wide topic, although of course the content is different for each year group.

Many of the children have younger brothers and sisters and children in year 4 will be learning about families, including the decision to have a new baby, the joy and responsibility.

In Year 4, an outline of the content is as follows:

- Why parents may choose to have a baby. What the baby needs as it develops before and after it is born. The children do not learn about conception, but they do learn about the sperm and egg in terms of inheriting characteristics.

Children are beginning to experience early puberty; some girls will already have started to have periods and it is important for all children to be prepared for and understand the changes that will be experienced by themselves and their peers.

- Puberty is discussed in terms of normal changes that boys and girls experience and children have the opportunity to talk about this, although it is revisited in Year 5. The changes experienced by girls is a focus – menstruation is introduced in a factual way as the body preparing for adulthood and the reason for this.

Puberty is taught as a statutory requirement of Health Education Curriculum. We understand that this is a sensitive subject and that as parents, you will want to be able to talk to your own children in an age-appropriate way and be ready to support and answer the questions that they may ask at home.

Yours sincerely,

Mrs V Alliston

Acting Headteacher

