

Stanbridge Lower School



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28th February 2022

Dear Year 4 Parents and Carers,

Relationships and Health Education Focusing on Puberty and the Changes in the Adolescent Body

As you may be aware, there have been recent changes to the PSHCE curriculum. This is now called Relationships and Health Education. This part of the curriculum gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives.

In Year 4 the children take part in a lesson which prepares them for the changes in the adolescent body. This is now part of the Relationships and Health education that all children study as part of their curriculum. This lesson focuses on puberty as a time when physical and emotional changes occur in the human body (e.g. body shape, voices, grow of hair, menstruation, emotions) for both males and females. We do not teach sex education and any questions which may be asked by your child about this will be referred home for parents to talk to their child if they feel it is appropriate to do so.

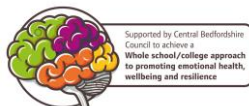
Key questions asked in the lesson will be...

- What happens to people as they grow up?
- Does everyone's body change?
- What happens? - focusing on physical and emotional changes.
- How do people feel when their body grows and changes? - focusing on aspects of puberty such as growth of pubic hair, growth of body parts, menstruation, voice changes, oilier skin, sweat glands, hormones and emotions.

A child appropriate booklet will be used to talk to the children about these changes. You need to know this information because of course the children may have questions they want to ask you following the lesson.



"We believe in our children"



As our policy states "Year 4 children will be taught separately for their lessons about changes in the adolescent body and when preparing them for puberty. This is to ensure children are treated sensitively when discussing this area of learning and create a secure environment where children are able to ask questions which they may have and where discussions can take place freely".

This means the boys/girls (will be split for the lesson) will each take part in a 30 minute lesson during this half term. The lessons will be taught by Mrs Brewer and Mrs Davies. The lessons will take place on the same day with both teachers present in the lesson.

As with the rest of the curriculum, apart from Religious Education, parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).

An overview of the curriculum and the policy is available to view on our website at www.stanbridge.beds.sch.uk.

If any parent has any questions they would like to ask, please do not hesitate to contact me or your class teacher.

Yours sincerely,

Miss R J Godwin
Head Teacher



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