

Dear Parent/Carer,

As part of your child's education at Tudor Grange Samworth Academy, we promote personal wellbeing and development through our comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE helps children gain the knowledge, understanding and practical skills they need to live safe, healthy and confident lives.

During the second half of the summer term, Year 4 pupils will be learning a unit called Changing Me, which explores growing up, body changes and emotional wellbeing. Lessons help children understand the physical and emotional changes that occur as they grow older, develop positive attitudes towards themselves and others, and learn about respect, privacy and personal boundaries.

Children will learn that puberty and menstruation are natural parts of growing up. They will explore how a girl's body changes in preparation for adulthood and discuss strategies to help them cope with the physical and emotional changes they may experience. Teachers will also recap the learning about puberty for both girls and boys from Year 3 to ensure all pupils feel confident and supported.

The unit also includes learning about being part of a family. Pupils will recognise that families come in many forms, identify trusted people they can turn to for help and support, and understand that feeling anxious about growing up is natural. They will learn who they can talk to if they ever feel unsure or worried.

Relationships Education and Health Education are statutory for all primary pupils, so children cannot be withdrawn from this content. We do not teach beyond what is appropriate for Year 4, and teachers respond sensitively if pupils ask questions outside the planned learning.

If you would like to view the detailed teaching content or read our RSE policy, these can be found on our school website:

<https://www.samworth.tgacademy.org.uk/primary/curriculum/subjects/rshe/>

Please contact your child's class teacher via the school office if you have any questions or would like to discuss this unit further. We are always happy to talk through the curriculum with you.

Yours sincerely,

Mrs K Robertson

LKS2 and PSHE lead