

HOLY TRINITY

C.E. (VA) Primary School



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Year 4 RSHE Growing and Changing Curriculum

Dear Parent/Carer,

From the age of Year 4, children are taught about how a child's body grows and develops into an adult body, through the process of Puberty. Below are the statements that are covered during this unit of work, all of which takes place during Summer 2, after the May Half Term holidays.

Year 4:

- Know the name of external genitalia of both men and women.
- Know the scientific facts about the menstrual cycle.
- Know the physical changes to a male and female body during puberty.
- Know the emotional and hormonal changes to a male and female.
- Know scientific facts about erections and wet dreams.
- Know strategies to manage changes during puberty.
- Know the importance of personal hygiene routines.
- Know the challenges of puberty.
- Know how to get information, help and advice about puberty.

The sessions take place as a whole class, with the final session (menstruation and wet dreams) being taught to boys and girls separately. Staff have been trained on how to deliver this material, and all resources are age appropriate and very child friendly. We support the children by answering any age appropriate questions they may have in the sessions, and encourage children to speak to their parents, carers and trusted adults after the sessions.

As a parent/carer you may want to know more about the sessions in advance, or you may have questions you would like to ask. If so, please contact me on rburdon@holytrinity.wakefield.sch.uk where I can contact you via email, or arrange a phone call, or meeting to discuss the RSHE curriculum with you. I am more than happy to help with any questions or queries you may have.

Thank you for your ongoing support.

Kind Regards

Mrs Burdon

KS1 Leader and RSHE Leader

