

14/02/25

Dear Parents & Carers of Year 4 children,

I hope this email finds you well. I am writing to inform you about the upcoming lesson that we will be covering in our PSHE (Personal, Social, Health and Economic) during the first week back. Our current unit is titled "Safety and the Changing Body," and the first lesson covers puberty and how bodies change. This will be presented to all year 4 children during maths lessons from Mrs Coatesworth and Mrs Hewitson. This incorporates:

- I understand that my body will change as I become an adult.
- I understand that different changes happen to males and females.
- I can identify some physical differences between child and adult bodies.
- I can explain ways to look after my personal hygiene.

We understand that these topics may raise questions and could spark discussions at home. Therefore, we want to keep you informed and provide resources that may help guide conversations with your child.

You will find our school's policy on Relationships and Sex Education (RSE) and I have linked this here: <https://www.westernps.co.uk/seecmsfile/?id=534> This document outlines our approach to teaching these topics and highlights the importance of age-appropriate, respectful and inclusive education.

You will also find some helpful information on the NSPCC website, which we will be using to support our teaching of private parts: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you have any concerns or questions, please don't hesitate to reach out. We believe that open communication between home and school is crucial in providing the best support for our pupils as they navigate through these important aspects of their development.

Thank you for your understanding and support.

Best wishes,
Mrs Coatesworth and Mrs Hewitson