

Tuesday 2nd June 2026

Y4 PSHE – 'Changing Me'

Dear Parents/ Carers,

We are writing to inform you about the upcoming PSHE lessons that will be taking place in Year 4 starting on Monday 8th June, we will be covering topics related to how their bodies will be or indeed are changing through the unit 'Changing Me'. These topics are an important part of PSHE teaching, and we believe they are crucial for the development of our students.

The learning will include:

- Understanding that some of their personal characteristics have come from their birth parents and that this happens because they are made from the joining of their egg and sperm.
- Correctly labelling internal and external parts of male and female bodies that are necessary for making a baby.
- Understanding that having a baby is a personal choice and expressing how they feel about having children when they are adults.
- Describing how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.
- Knowing that they can develop strategies to help them cope with the physical and emotional changes they will experience during puberty.

The rest of the unit will focus on how to accept general changes in everyday life and moving up to the next year group.

While we understand that some parents/ carers may feel uncomfortable with their children being taught about such topics in school, it is important to note that we teach these subjects within a safe, supportive, and age-appropriate environment. They will be delivered in an inclusive manner, taking into account the diverse backgrounds and beliefs of our students.

We encourage parents/ carers to continue this conversation at home and support their children's learning journey. It is important to create an open and respectful environment where children feel comfortable discussing these topics with their families.

We will be holding an optional and informal drop in session on Monday 8th June at 3:20pm when we will be available to share the Jigsaw scheme learning materials and answer any questions that you may have.

Thank you for your support and cooperation.

Yours sincerely,
The Year 4 Team

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