

Friday 1<sup>st</sup> May 2026

Dear Parents and Carers,

I am writing to inform you about the upcoming Relationships and Sex Education (RSE) lessons that will be taught as part of the Year 4 curriculum. These lessons are age-appropriate and designed to help children develop a healthy understanding of their bodies, relationships, and personal safety.

This term, **Year 4** will be covering the following topics: **What changes happen to my body?**

### The class will learn about:

- How hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- Where to get more information, help and advice about growing and changing, especially about puberty
- The physical and emotional changes that happen when approaching and during puberty

### Learning Outcomes:

- ✓ Label the main parts of the body and how it differs for boys, girls, men and women
- ✓ Describe key body changes when men and women become adults
- ✓ Explain key steps required to maintain personal hygiene into adulthood.

This lesson will be taught on the following date:

**Tuesday 12<sup>th</sup> May 2026:**

### How we change as we grow and what parts of the body are private?

**Note on right to withdraw:** Parents have the right to withdraw their children from **sex education classes only**. These are the lessons that deal with human reproduction. As a school we strongly advise against withdraw and would be happy to discuss any concerns you have and share resources before the lesson takes place.

If you have any questions about the content or would like to discuss the curriculum further, please don't hesitate to get in touch with us.

Thank you for your continued support.

Yours sincerely,

Ms Avanesian and Mr Jones  
Class teachers