

Friday 3<sup>rd</sup> May 2024

Dear Parents and Carers,

**Year 4 Personal Social Health Education (PSHE) 'Growing Up'**

We would like to inform you of our upcoming PSHE Sex and Relationship programme - 'Growing Up' with you. This subject is in line with the National Curriculum and will provide the pupils with an opportunity to learn more about themselves, changes in the body and more importantly, an opportunity for them to discuss and share ideas with their peers.

The PSHE unit of 'Growing Up' will be covered during one day, **on Friday 5<sup>th</sup> July 2024**. The sessions will be delivered in class with the children's class teacher. The sessions will be broken in to three mini sessions throughout the day.

1. The first session we will explore how humans change and develop, and look at some of key scientific language associated with human body parts.
2. The second session identifies basic facts regarding puberty. It focuses on the physical and emotional changes that happen when growing from a child, to a young adult, and understanding why the body changes.
3. During the third session, we look at healthy relationships and explore the meaning of consent at an age appropriate level.

As the subject matter is considered sensitive for many, we would like to invite parents and carers in to discuss the lessons beforehand. This will give you an opportunity to see the resources and content of the lessons for yourself and ask any questions you may have regarding these. The date for the in-person meeting is **Wednesday 26th June 2024, and will run from 15:30 – 16:00**. If you would like to secure a place for this meeting, please complete the jot form by clicking [HERE](#) by Thursday 20th June 2024. **We ask that no children attend this meeting.**

If you are unable to make this meeting, we will also record the content for you and make this available for you to watch at home, with the opportunity to email in any questions you may have.

Parents do have a right to withdraw their child from part of this programme of work. We would ask that you inform Mrs Peterkin-Aldred, in writing, to the office email address, [solentjunior@thesolentschools.org](mailto:solentjunior@thesolentschools.org) of any decision to withdraw your child to enable us to make the appropriate arrangements.

Yours sincerely,  
Miss Parsons, Miss Fear and Mr Dearing  
The Year 4 Team