

Friday 1st May 2026

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, during the summer term. The topic will be delivered in a combination of year group and class sessions. The sessions will be broken into 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 6th May from 3:30pm – 4:00pm. We ask that no children attend this meeting.**

If you're unable to attend the meeting or have difficulty arranging childcare, the presentation will be shared with you via the school website, with the opportunity to email in any questions you may have.

Yours sincerely,
Miss Fear, Miss Nicholas, Miss Atkins and Miss Saunders
The Year 4 Team

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