



Friday 14th June 2024

**RE: Y4 Summer Term PSHE learning**

Dear Parents/Carers,

Our PSHE curriculum includes statutory relationships and health education content.

**Relationships education** means teaching pupils about safe and healthy relationships, including:

- Family and friends
- Being safe, including online
- How to recognise unsafe relationships
- How to get help

**Health education** is about good physical health and mental well-being. It includes:

- How to deal with emotions
- Healthy eating and fitness
- The physical and emotional changes of puberty, including the menstrual cycle
- Internet safety and harms

**What will my child learn this year?**

In the Year 4 *Changing Me* unit taught this half term, the children will learn about some of the changes related to puberty. They will build on their knowledge of the human body and use correct, scientific terms to describe body parts and the process of menstruation. They will also learn how their personal characteristics originate from their birth parents and why this is the case. Our goal is to give children the knowledge and understanding they need to feel confident, comfortable and safe. We know that body changes can make children feel anxious, especially when they lack an understanding of what is happening, so we prioritise reassuring children about what is expected, healthy development and that this happens at different times and paces for different individuals.

This unit also involves reflections on how we manage different types of changes and preparing for a new year group.

For a detailed overview of the content for each Year group (Years 1-6) please see our PSHE overview here: <https://springfield.hackney.sch.uk/wp-content/uploads/sites/5/2022/01/PSHE-at-Springfield.pdf> The content for Year 4 'Changing Me' PSHE unit is clearly in this document. Please find further details of our Federation-wide RSHE (relationships, sex and health education) policy here: <https://www.st-matthias.hackney.sch.uk/wp-content/uploads/sites/9/2020/11/Relationships-sex-and-health-education-policy-June-2020.pdf>

**Supporting your child**

Please encourage your child to talk openly with you about any questions they may have. We emphasise the importance of speaking to trusted adults about any queries or worries children may have, and that they are always welcome to talk to school adults if they want to ask questions, seek support or share feelings.

If you would like to discuss any aspect of our PSHE curriculum, or supporting your child at this stage of their development, please email [admin@springfield.hackney.sch.uk](mailto:admin@springfield.hackney.sch.uk) or call 0208 800 9007 to make an appointment with Ms Wyatt or myself.

Anna Case,  
Headteacher

