

Dear Parent/Carer,

Re: Year Four Sex, health and relationship education (RSE)

During Summer Term, we will complete our 'Changing Me' unit of work. This will be delivered as part of our on-going Personal, Social and Health education (PSHE), which is delivered throughout the school. As of September 2020, it is compulsory for all primary schools to deliver Health and Relationship Education. It has remained non-statutory to deliver Sex Education in primary schools, but compulsory to teach National Curriculum topics: 'Growing from birth to old age', and 'Reproduction in some plants and animals'. We feel that Sex Education has an essential role in keeping all of our children safe through ensuring that they are adequately prepared for the changes that their bodies will experience and are able to understand why these changes occur. Therefore, as a school, we teach age-appropriate content. If you would like to find out more about the statutory Health and Relationship Education content, please do not hesitate to speak to your child's teacher.

Year Four Content:

Your child will be engaging with the following learning:

Summer 1:

Weekly celebration	Pieces	Learning intention
Know how to make friends	Jealousy	I can recognise situations which can cause jealousy in relationships.
Try to solve friendship problems when they occur	Love and loss	I can identify someone I love and can express why they are special to me.
Help others to feel part of a group	Memories	I can tell you about someone I know that I no longer see.
Show respect in how they treat others	Getting on and falling out	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.
Know how to help themselves and others when they feel upset or hurt	Friendship	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.
Know and show what makes a good relationship	Celebrating relationships	I know how to show love and appreciation to the people and animals who are special to me.

Summer 2:

Understand that everyone is unique and special	Unique me	I understand that some of my personal characteristics have come from my birth parents.
Know how to ask for help if they are worries about change	Assertiveness	I know to resolve difference by looking at alternatives, making decisions and explaining choices. I am aware that pressure to behave in an unacceptable way can come from a variety of sources, and I know techniques to help resist pressure.
Understand and respect the changes that they see in themselves	Changing me	I know how puberty affects my body and emotions.
Understand and respect the changes that they see in other people	Change	I know how the circle of change works and can apply it to changes I want to make in my life.
Know who to ask for help if they are worries about change	Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept.
Looking forward to change	Looking ahead	I can identify what I am looking forward to when I move to a new class.

Our 'Changing me' unit of work is based on the Jigsaw PSHE and RSE Scheme of work. We have carefully chosen the resources we use to support our teaching to ensure they are appropriate to the age and needs of the children.

Your child will also be taught some new vocabulary in a sensitive and caring way that will give them opportunities to ask further questions. These can either be discussed as a class, privately or passed on to you as a parent should you so wish.

If you would like more information regarding the lessons and what will be covered, please email your child's class teacher. In other circumstances, we would welcome you into our classroom to discuss but this unfortunately cannot be done at this time. If you would prefer a verbal discussion, then please contact your class teacher to arrange a phone call. If we do not hear from you, it will be assumed that you have read, understood and consented to the above RSE lessons.

Yours faithfully,

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