

Dear Parents and Carers,

This term our PSHE lessons will be focusing on Growing Up and Keeping Safe. This will include elements of Sex and Relationships Education.

At Perrymount we want our young people to grow up healthy, safe and informed and be able to make positive life choices. Sex and Relationship Education supports young people in developing self-confidence and prepares them for the physical and emotional changes they will encounter as they grow into adults.

It will be taught in an age appropriate manner and be respectful and sensitive to our diverse community.

Detailed below are the curriculum outcomes for your child.

**Relationships Education curriculum – Pupil Learning Outcomes (Y4)**

- Identify some of the physical changes that happen to bodies during puberty.
- Explain that puberty starts and begins at different times for different people.
- To use scientific vocabulary for the external and internal male and female body parts.
- About the importance of personal hygiene during puberty.
- To respond to questions and advice about puberty.

Relationships education is statutory requirement of the national curriculum however, if you do have any worries or questions you would like to discuss regarding the above content, please contact myself and I will be happy to discuss your concerns with you.

A copy of our Relationships Policy is available from the school office.

With Thanks

Nina Wilson  
Deputy Headteacher