



# Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Monday 22<sup>nd</sup> May 2023

Dear Parent/Carer,

## Re: Year 4 – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately three age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools on the island and across the UK, and its purpose, which will be presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Jigsaw' that we use for our Personal, Social and Health Education (PSHE) lessons.

The programme for Year 4 pupils is 'Growing Up'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

From September 2020, parents do not have the right to excuse their children from relationships education. However, parents have the right to excuse their children from the non-statutory/non-science components of sex education within RSE. We would strongly urge parents to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Friday 9<sup>th</sup> June 2023** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon  
Headteacher and PSHE/RSE Subject Lead

# Year 4

## Growing Up

Key Stage 2

### Scheme of Work

**Word Box:** Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

<p><b>Statutory Guidance</b> Health Education Changing adolescent body (8a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals</p>	<p><b>Learning Intentions and Learning Outcomes</b> Learning Intention To explore the human lifecycle To identify some basic facts about puberty Learning Outcomes Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty</p>	<p><b>Lesson Title</b> Lesson 1 <b>Changes</b></p>	<p><b>Resources</b> <a href="#">Lifecycle whiteboard summary</a> <a href="#">Body Parts Bingo cards</a> <a href="#">Bingo Flash cards</a> <a href="#">Body Changes pictures</a> <a href="#">Lifecycle Quiz slides</a> <a href="#">Lifecycle Quiz answers</a> <a href="#">Additional Activities</a> <a href="#">Babies and Children worksheet</a></p>
<p>Health Education Mental wellbeing (6a,6b,6c,6d,6f) Health Education Changing adolescent body (8a, 8b) Menstruation (9a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals - describe the changes as humans develop to old age</p>	<p><b>Learning Intention</b> To explore how puberty is linked to reproduction <b>Learning Outcomes</b> Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to</p>	<p>Lesson 2 <b>What is Puberty?</b></p>	<p>Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart <a href="#">Puberty Card Sort</a> <a href="#">Puberty Card Sort whiteboard summary</a> <a href="#">Body Changes worksheet</a> <a href="#">Puberty Changes Teacher Guide</a>  <b>Suggested Reading</b> <i>Where Willy Went</i>, Nicholas Allan <i>Hair in Funny Places</i>, Babette Cole</p>
<p>Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)</p>	<p><b>Learning Intention</b> To explore respect in a range of relationships To discuss the characteristics of healthy relationships <b>Learning Outcomes</b> Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.</p>	<p>Lesson 3 <b>Healthy Relationships</b></p>	<p><a href="#">Healthy Friendships cards</a> <a href="#">Relationship pictures</a> Online Respect and Self-Respect video <a href="https://www.youtube.com/watch?v=mZTXwLzllpk">https://www.youtube.com/watch?v=mZTXwLzllpk</a></p>