

WESTON-ON-TRENT CHURCH OF ENGLAND (AIDED) PRIMARY SCHOOL



"Let Your Light Shine"

HEADTEACHER: Mr Mark Hibbert

Forrester Avenue

Weston-on-Trent

Derby DE72 2HX

T/F: 01332 700488

Email: info@westoncofe.derbyshire.sch.uk

Website: www.westoncofe.derbyshire.sch.uk

4th June 2025

RE: RSE and health education- Year Four.

Dear parents,

Government guidelines outline that it is compulsory for all schools to teach children about relationship and health education. Within this subject, the children learn the human life cycle including the changes during puberty. Correct terminology is introduced early to normalise this and to support safeguarding. These words are not used in isolation but in conjunction with teaching the children that these are private parts of their bodies. Puberty is introduced gently in year three because some girls do start their periods at this age.

Our view as a school is that knowledge empowers and protects the children as long as it is age appropriate. In secondary school, sex education is statutory and we believe that primary schools should prepare children with accurate knowledge about puberty and human reproduction before they transfer to secondary school. For further details, please see our [relationships-and-health-education-policy-2025.pdf](#)

The details of what will be taught to your child's year group are outlined below.

Please note: careful consideration is given to the teaching of this subject and the children are taught by their usual Jigsaw (PHSE) teacher and with their own year group.

If you have any concerns or queries about your child's participation in these lessons or would like to see the content and resources used in your child's year group, please do not hesitate to contact myself, either through the info@westoncofe.derbyshire.sch.uk email address or in person.

Yours sincerely,

A. Melland

PHSE and RHE Coordinat

Year 4

Weekly Celebration	Pieces	PHSE Learning Intention	Social and Emotions Development Learning Intention
Understand that everyone is unique and special	1. Unique Me	I understand that some of my personal characteristics have come from birth parents and that this happens because I am made from joining of their egg and sperm	I appreciate that I am a truly unique human being
Can express how they feel when change happens	2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	3. Girls and Puberty	I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	4. Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fear and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead	I can identify what I am looking forward to when I move into year 5	I can reflect on the changes I would like to make next year and can describe how to go about this

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