



4th July 2017

Dear Parents/carers

RE: Year 4 PSHCE lessons in Term 6 2017

This term our PSHCE curriculum will be covering some sensitive issues and to ensure that parents and carers are kept informed and able to answer the children's questions, we wanted to give you an outline of the sessions we will cover.

Growing up

- Hygiene– including the importance of regular bathing, changing clothes and skin care.
- Emotional well-being – understanding mood swings, tearfulness and anger linked to hormonal changes.

Girls only

- Puberty – Physical changes to body and informal conversations about menstruation. These issues may only be relevant to some of the children now, but we feel that to wait until Years 5/6 is too late. These talks may lead your child to asking questions at home.

If you have any questions, or would like support when answering your child's questions, please do not hesitate to talk to your child's class teacher or myself.

Kind regards

T. Kingsnorth

Mrs T Kingsnorth
PSHCE Leader