

Dear Parents/ Carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education, particularly in the current times we find ourselves. We do this through our Personal, Social, Health, and Economic Education (PSHE) and Relationship and Sex Education (RSE) teaching which comes from the new statutory RSE guidance. We wanted to inform you of the topics and vocabulary your child will come across during this year. In Year 4 your child will look at many topics such as:

- Develop a positive attitude to personal body image.
- Resisting peer pressure and developing assertiveness
- To understand what sort of boundaries are appropriate in friendships with peers and others (including in a digital context)
- Begin to learn about the physical changes that happen during puberty
- Begin to learn about the practical and emotional changes that someone may encounter during puberty
- The importance of keeping clean particularly in relation to puberty

PSHE and RSE will be taught throughout the year by the class teacher.

During the year children will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Your child will take part in additional PSHE assembly sessions, which will also cover a number of topics from the new guidance including:

- Emotions and how to recognise and talk about them
- Friendships including what a healthy friendship looks like and that all friendships have their ups and downs
- The importance of respecting others, courtesy and manners
- Families, how each family is different and how families are important
- Mental wellbeing, how this is an important part of everyday life, looking at simple selfcare techniques and the benefits of a healthy lifestyle
- Looking at different types of bullying, how to help and what effects this can have on people

How to recognise if a relationship of any type is making them feel happy or unsafe and how to seek help

You may find that your child starts asking questions about a topic at home, you might want to take the opportunity to talk to your child about these topics. You are the most important educators of your child regarding personal issues and we hope you welcome the support we as a school can offer.

We are also aware some children start their periods in year 4 and many start to worry about how they will deal with their period at school. We make the children aware there are sanitary products in school, if required, and that they will be offered a separate toilet to the main children's toilet. This offers a private and safe place to discretely go to the toilet and change without fear of others hearing rustling papers or noticing they are taking a bag in with them.

Below you will find the new vocabulary covered throughout the year in Year 4.

Year 4		
Pubic hair	Ovaries	Oxygen
Emotional	Fertilisation	Nourishment
Puberty	life cycle	Spots
Adolescent,	relationship	Facial hair
Changes,	Sanitary towel	Underarm
Development	Tampon	Hair
Sex organs	fertilised egg	Mental health
Moods	Anus	Thoughts
Periods	Clitoris	Peer pressure
Body image	Body odour	Passive
Smoking	Healthy	Aggressive
Harmful		Peer pressure

If you have any questions or would like to know more then please do not hesitate to contact the class teacher. They will be more than happy to go over any queries you may have.

Yours Sincerely

Bridgeview Special School

