



An Ashmole Trust School

Head Teacher: **Mr Chris Tofallis**

16th June 2023

PSHE Summer Term

Dear Parents and Carers of Year 4 Children,

We wanted to reach out to you ahead of our PSHE lessons during the Summer Term. They will include an introduction to the topic of puberty, which we will handle with the utmost sensitivity and care.

Over the course of these lessons, the children will be working on the following Lesson Objectives:

- *Identify parts of the body that males and females have in common and those that are different;*
- *Know the correct terminology for their private body parts;*
- *Understand and explain why puberty happens.*
- *Understand how the onset of puberty can have emotional as well as physical impact*
- ***Know the key facts of the menstrual cycle;***
- ***Understand that periods are a normal part of puberty for girls;***
- ***Identify some of the ways to cope better with periods.***

We will be splitting the classes into groups of boys and girls (when teaching the lessons in bold above) to ensure that your child is in a comfortable environment and can ask any questions they may have, without feeling self-conscious. This helps to ensure that every child receives all the information and time they need to fully understand these topics.

As well as providing factual information, we believe that teaching about puberty and relationships in an age appropriate, sensitive way are key to supporting children in their transition to adolescence.

If you have any concerns or questions about the upcoming lessons, please do not hesitate to contact your child's class teacher.

Many thanks for your continuous support.

Mrs Z Pavlakos & The Year 4 Team
PSHE Lead

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