



**Cottingley
Village**
Primary School

Headteacher: Kirsty Hutchinson

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2nd June 2025



PSHE & RSE
Year 4 'Growing and Changing' unit

Dear Parent/Carer,

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

This half term, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 4 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 4 child will be exploring the menstruation cycle and how bodies and emotions change during puberty. During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school, parents/carers and governors for their suitability and have been tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

Please see the attached leaflet for further information on the 'Growing and changing' unit. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher.

Yours Sincerely

Kind Regards

Miss B Aitchison
PSHE Lead

Mrs F Jamal
PSHE Lead



Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)

Year 4

What your child will be learning about:

This half term's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will learn how to keep themselves safe and how to ask for help when they need it.

Year 4 topics build on and reinforce the themes of the previous years. New content will cover teaching children to recognise and understand conflicting emotions. We will learn how to recognise and understand good and not-so-good feelings. We will also explore strategies to deal with change and given examples of safe and unsafe secrets.

Other new topics we've been looking at include:

Body changes as they approach and move through puberty including menstruation and human reproduction

The children will be able to identify parts of the body that males and females have in common and those that are different, knowing the correct terminology for their genitalia. These lessons will ensure that the children can understand and explain why puberty happens.

Leading on from the children's workshops in Spring, they will learn that periods are a normal part of puberty for girls and they will identify some of the ways to cope better with periods. We will also raise awareness of other changes in puberty for both girls and boys. In this topic we will also help children understand about appropriate and inappropriate touch within the boundaries of public and private places. The children will understand that babies come from the joining of an egg and sperm, but not how this occurs. They will therefore be able to explain why periods occur when an egg doesn't meet a sperm.

Marriage and partnerships

Increasing children's understanding of what is meant by a positive, healthy and loving relationship is an important part of safeguarding their health and wellbeing. Children will look at different kinds of relationships and the values, expectations and responsibilities within healthy, positive relationships. They will understand that relationships can change over time and will explore some ways that changing relationships can be managed, ensuring behaviour is respectful, even when things do change.

Children will learn that marriage is a commitment freely entered into by both people and can include opposite-sex and also same-sex partners. They will learn the legal age for marriage and explore reasons why some adults might choose to be married, live with someone, or have a civil ceremony.



Vocabulary your child will learn:

Puberty, hormones, pubic hair, eggs, sperm, penis, testicles, breasts, ovaries, womb, vagina, vulva, clitoris, labia, menstrual cycle, periods, period pad, period pants, tampon, civil partnership, forced marriage.

Questions your child may ask at this age:

- When were you allowed to start doing things more independently?
- Did you have to do or prove anything to gain more independence from your parents?
- What products do you use for periods?
- When I start my period, where can I get period products from?
- When did you start puberty?
- How did you feel? Was it bad?
- Is it normal?
- How can I tell someone not to do something that's making me uncomfortable, but without hurting their feelings?
- Have you ever been made to keep a secret when you didn't want to? How did you handle it?
- Why do some grown-ups decide to get married/live together?



Resources for parents: [SCARF Growing and Changing Parents Page](#)



[Age 6-10 | Outspoken Sex Ed](#)
[Stages of puberty](#)
[Outspoken Sex Ed](#)

Sarah Sproule

[How to talk to your kids
about everything RSE related](#)



[Resource for Parents](#)



[Taking Care of Your
Body](#)



[Starting your periods](#)



[Personal hygiene for
pre-teens](#)



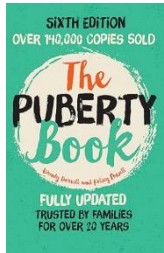
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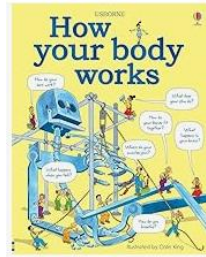
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Books to support learning:



[The Puberty Book](#)



[How your body works](#)



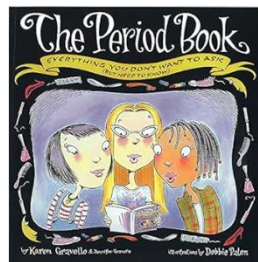
[A Boy's Guide to Growing Up](#)



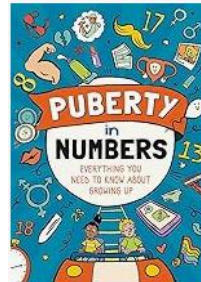
[On your marks, get set, grow!](#)



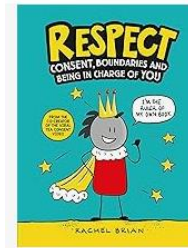
[The Girl's Body Book](#)



[The Period Book](#)



[Puberty in Numbers](#)



[Respect](#)