



Dear Parents/Carers

16<sup>th</sup> April 2024

### **Year 4 and Year 5 PSHE and Relationships Programme**

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

On **Wednesday 8<sup>th</sup> May** our school will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 4 and Year 5. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020 "relationships education" became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. 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.

The workshops, led by an experienced, trained CLE educator, will be delivered to our Year 4 and Year 5 pupils and will focus on body changes and keeping safe.

The children in Year 4 will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone without hurting their feelings?
- Who can I talk to if I want help and advice, or am worried about someone else?

The children in Year 5 will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- How do I feel about growing up and changing?



- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

These workshops have been designed with the curriculum and reviewed by the school and you are very welcome to come into school to see the resources for yourself.

A parent workshop will be held on **Monday 22<sup>nd</sup> April at 2:20pm** in school for parents of Year 4 and Year 5 children in school, by the CLE educator, who will be able to answer any questions and explain the content to you, alongside Mrs Hutchinson. Please come to the main office if you wish to attend this workshop.

We recognise that parents and carers play a vital part in their child's relationships education, and we encourage you to explore these questions with your child at home as well. If further advice or support is required, or you cannot make the parent session, please do not hesitate to speak to your child's class teacher or make an appointment to discuss this further with me at another time.

Thank you for your continued support.

*L Ruddock*

Mrs Leanne Ruddock  
**Head of School**