

# Uplands Junior School

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Head Teacher: Mrs S Webster-Smith

Tuesday 22<sup>nd</sup> June

To the parent/carers of Year 4

## Growing Up and Changing Me

This term, as part of our school's Personal, Social, Health and Economic education (PSHE), children in year 4 will be having lessons on the theme of *Growing Up and Changing*. The programme is based on Jigsaw PSHE, the curriculum we follow in school, but is adapted to meet the needs of our pupils.

The programme covers topics to do with growing up and carefully introduces topics around body changes and hygiene in an age-appropriate manner. The topics covered in Year 4 are as follows:

	Focus	Learning objectives
Lesson 1	Changes and dealing with change	Children will consider changes that take place during our lives, feelings associated with change, and the benefits that change can bring.
Lesson 2	Lifecycle and body changes	Children will identify the main changes of the human lifecycle and consider physical, emotional and social changes that happen as we grow.
Lesson 3	Babies	Children will learn that our personal characteristics are inherited from our biological parents and that this happens because a baby is made with parts that come from each biological parent. (Children do not learn about conception in Year 4.)
Lesson 4	What is puberty?	Children will begin to learn about some of the changes that happen to boys and girls during puberty and consider their feelings about the changes.
Lesson 5	Hygiene	Children will learn that hygiene is an important part of looking after themselves as they get older.
Lesson 6	Personal safety and touch	Children will identify that there are different types of touch. They will learn about personal space and consider ways of dealing with unwanted touch.

In addition, girls will take part in a session with the school nurse covering menstruation and managing periods. You may find that your child starts asking questions about these topics at home, or you might want to take the opportunity to talk to your child about issues such as those above before the work is covered in school.

If you have any questions regarding the above topics, please contact the school.

Yours sincerely

Mrs A Walker  
Deputy Headteacher

Ms F Gilbert (Year 6)  
PSHE Lead

