



# Birches First School

Believe, Grow, Succeed



Dear Parents and Carers,

As a part of your child's education at Birches First School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Local Academy Board. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

We are writing to let you know that over the next few weeks Year 4 class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in Year 4 will include pupils learning about relationships. The learning objectives within this unit are –

- recognise that change is a natural process
- explain that during puberty the body changes from a child into an adult reflect on how they have changed and how they may change in the future know that changes are a natural part of growing up and that change is a gradual process say who they can talk to if they have any concerns
- explain that feelings change during puberty and that their feelings and actions can impact on others practise basic skills to think for themselves and manage some feelings
- explain that some parts of their body are private understand that nobody should make them do something they don't want to do or makes them feel bad recognise that they have the right to say no know when they should or should not agree to keep something confidential or secret know when it is right to 'break a confidence' or 'share a secret'
- recognise strong feelings and when they may have these describe ways to deal positively with experiences and situations of loss,

separation and death say where and how to get help, share feelings and help themselves

- discuss their feelings about arguments and violence and consider whether it is ever acceptable to use violence to resolve arguments

Pupils will also have opportunities to ask questions.

If you would like to find out more or discuss any concerns, please contact us via email or contact the school office to arrange a meeting.

Yours sincerely,

Mrs Cain and Mrs Ferretti