



Birches First School

Believe, Grow, Succeed ...
...to be the best 'me' I can be.

Friday 23rd February 2024

RSHE Year 4

As part of our aim to help our children be healthy, safe and responsible, we teach Personal, Social, Health and Economic Education (PSHEe) lessons in school. As previously communicated, Relationships and Health Education is also a new **compulsory** part of every school's curriculum. PSHEe and RSE are taught throughout the school in every year group and gives children the knowledge, understanding, attitudes and practical skills they need to manage their lives and contribute positively to society.

In our upcoming lesson regarding 'Safety and the Changing Body', Year 4 will be focusing on several aspects of the human body.

Mental health and wellbeing

Healthy eating
Physical activity
Dental health - hygiene
Importance of sleep
Medicines
Tobacco – tobacco, smoke, non-smoker
Alcohol
First aid - asthma

Safety and the changing body

Online safety – age restriction, law, private, public, protect
Safety around adults – private, public, protect
Understanding their body
Physical changes during puberty – breasts, genitals, penis, testicles/testes, hips, waist, shoulders, chest hair, puberty, hygiene
Emotional changes during puberty
Asking for help when needed

All the content outlined above is statutory and therefore all children will be taught as such. As a parent you do not have the right to withdraw your child from any of the statutory content on either relationships or health. You only have the right to withdraw your child from the sex education content that we choose to teach.

All lessons will be delivered in a way that is fully age appropriate and sensitive. If you have any questions or concerns, please don't hesitate to get in touch before Thursday 29th February 2024.

Kind Regards,

Miss Ayling

Year 4 Teacher