

LODDON PRIMARY SCHOOL

Headteacher: Mrs S Phillips, MA ED (Open)

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Dear Parents/Carers

Next half term we will be starting the 'Changing me' unit of work in PSHE. Some of the lessons in this unit are linked to our Sex and Relationship Education. Below are the lessons that will be taught. Please contact me if you require any further information about these sessions.

Year Four

1. Unique Me	I understand that some of my personal characteristics have come from my birthparents and that this happens because I am made from the joining of their egg and sperm. I appreciate that I am a truly unique human being.
2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby. I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.
3. Girls and Puberty (Lesson will be taught in single sex groups)	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this I have strategies to help me cope with the physical and emotional changes I will experience during puberty
4. Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life. I am confident enough to try to make changes when I think they will benefit me.
5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept. I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
6. Looking Ahead	I can identify what I am looking forward to when I am in Year 5. I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.

During Year Four Science lessons children's study of humans is in relation to the digestive system, teeth and food chains. Science is a compulsory subject and there is no right for parents to withdraw their children from the Science curriculum.

Any parent wishing to exercise their right to withdraw their child from all or part of the PSHE teaching of Sex and Relationship Education must indicate this wish on the reply slip below by ticking the lessons they would like their child to be withdrawn from. If we don't receive a reply slip your child will participate in all sessions.

Thanks

Mrs Shaw



Childs Name and class:	I would like to withdraw my child from the following Year 4 SRE sessions (please tick)
Unique Me	
Having a baby	
Girls and puberty	
Circles of change	
Accepting change	
Looking ahead	
Signed:	Relationship to child:

