



15th May 2025

Dear Parents / Carers,

As part of our Learning for Life education (previously PSHE) the Term 6 topic every year is 'Changing Me'. Each year group will cover a different range of **age-appropriate learning** about coping positively with change.

Statutory teaching about how and why our body changes as we grow during our Learning for Life lessons is one way in which schools approach the safeguarding of children. This knowledge has been statutory in Primary schools since September 2020 to empower children with the right information to understand the changes that are happening to their bodies (inside and outside), and help them to make healthy, informed decisions throughout their lives. This includes correctly naming some private body parts from Year 1 onwards as the correct terminology is crucial for children to understand and feel confident about their bodies. It also gives children the correct language to accurately voice any safeguarding concerns. The content for your child's year group is detailed below.

Term 6 'Changing Me' teaching and learning in Year 4

In this Puzzle, bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation (periods). These words will be used : puberty, menstruation / periods, monthly, eggs (ova), womb / uterus, fallopian tubes, vagina, blood, emotions, physical feelings, sanitary products. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. Children learn that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm. Sexual intercourse and the birth of the baby are **NOT** taught in year 4.

The Puzzle ends by looking at the feelings associated with change and how to manage these. Children learn that change is a normal part of life, and that some changes can be controlled and others cannot.

All lessons are taught using simple, child friendly language and pictures, which help children understand the changes more effectively. In some KS2 year groups, some lessons may be taught separately to boys and girls to ensure all children are comfortable and that they fully engage with the lesson. Any images used have been sensitively chosen in response to previous parent consultations. Some content is also included as part of the statutory science curriculum. The Department for Education guidance states : At key stages 1 and 2, the National Curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.



E-ACT Bannerman Road

Community Academy

You are unable to withdraw your child from any teaching that falls within the **statutory science curriculum or statutory relationships and health education**. At BRCA, the content in all lessons from Year 1 to Year 4 is statutory as sex education is not taught in these year groups. However, you have the right to withdraw your child from the non-statutory elements of sex education, which is understanding *how* human reproduction happens. At BRCA, this applies to one lesson in Year 5 and one lesson in Year 6.

If you have any further questions, we would like to invite you to a **drop in session on Thursday 22nd May between 9am and 10am.**

Alternatively, please email katie.stienlet@brc.e-act.org.uk for further information or speak to your child's teacher.

Kind regards,

Katie Stienlet
Reception Teacher and Learning for Life Lead