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Headteacher: Mrs K Flowerdew

Wednesday 8th July 2026

Dear Parents and Carers.

Relationships & Sex Education
Year 4

This term in Year 4 we are focusing on a 'Changing Me' unit of work in PSHE (Personal. Social, and Health Education).

As part of the PSHE curriculum, Year 4 pupils cover their Sex and Relationships Education in the summer term. We find it best to teach these lessons in single year groups, in mixed and single gender groups, so the lessons will be taught in the pupils' Maths groups, by staff they know well. Lessons will take place the week beginning the **13th July 2026.**

These are the learning intentions that will be covered in Year 4.

Year 4
To correctly label the internal and external parts of male and female bodies that are necessary for making a baby.
Year 4 girls will learn to 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.

In line with the Government guidance, you have the right to request that your child does not take part in these sessions. If you do not want your child to take part, please inform the Year 3/4 staff by **Friday 10th July by 3pm** using the class email address: hawthornclass@spurcroft.w-berks.sch.uk ; coniferclass@spurcroft.w-berks.sch.uk ; beechclass@spurcroft.w-berks.sch.uk

Please note: Staff stick to the age appropriate content as shared. If a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. We want to work in partnership with you to foster healthy relationships.
If you have any questions about this unit of work, please speak to your child's class teacher.

Kind regards,

Year 3/4 Teachers.

