St. Oswald's Catholic Primary School

We are an Operation Encompass School

Dear Parent or Guardian,

Over the next few weeks, as part of our RSE and PSHE curriculum, Year 4 will be working through Unit 2: Me, My Body, My Health.

What happens in the session?
In these sessions, children will develop a base-level understanding of what puberty is and why we go through it. The session which will follow this, called 'Changing Bodies,' will look specifically at some of the changes that boys and girls will face when they enter puberty. Through the roleplay drama and presenter-led video, children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.

Parent note: pupils will use the correct 'scientific' terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.

What do children learn?
This session is optional. As such, there are no specific Learning Objectives for the session. However, children may learn through the optional discussion session that:

- Their questions (about puberty) are valid.
- There are trusted adults who can help to answer their questions around puberty.
- Discussing our questions helps us to see that we aren't alone and can help others too.

Suggested Home Activity
Invite your child to ask any questions they have about puberty, and/or describe some of your own experiences going through puberty. Particularly discuss their feelings about how their bodies will change and if there is anything you can do to help them feel prepared for it. Allow space for any discussions that arise.

If you have any questions, please contact the school office.

Yours sincerely,
Mrs Price