



Coulston Church of England Primary School  
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Head Teacher: Mr Paul Garratty B.Ed (Hons); MA

Dear Parents & Carers,

7<sup>th</sup> June 2023

### **PSHE Curriculum – Year 4**

As part of the PSHE National Curriculum, the children need to understand the process of changes which their bodies will go through in the next few years as they enter puberty. One component of this is the menstrual cycle (periods) which obviously has a direct effect on the girls but is also important for the boys to understand as well. The talk will include some information about puberty in general and about the body changes that occur in both boys and girls. This discussion will also include personal hygiene.

To support the delivery of this topic, I will be showing some video clips which are used by the school nurses in Bromley LEA. I have enclosed the web links for you to view the clips and I encourage you to watch them to provide you with a better understanding of what the children will be told.

These discussions will be delivered to all of the children in the following weeks. If you have any questions or wish to discuss what is being covered, please do not hesitate to contact me. Please note that we will not be covering sexual reproduction as this is part of the Year 5 curriculum.

Yours faithfully,

*Mrs Karen Newsome*

Year 4 Class Teacher

Puberty - <https://youtu.be/Ub0c2xFOkpQ>

Enjoy Growing up - <https://www.youtube.com/watch?v=Ahk5y98Ndns>

Boys - <https://youtu.be/2clRlluvivA>

Girls - <https://youtu.be/L9oF0LBhlgU>

