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King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Wednesday 24th May 2023

Year 4 – Relationships and Health Education

Dear Parents/Carers,

As part of our curriculum, the year 4 children will be taking part in sex and relationship education lessons. Six lessons will take place weekly, commencing week beginning Monday 13th June 2023. During each lesson, time will be given for discussion and independent activities.

Lesson 1 – Responsibilities

This explores how our responsibilities change as we grow older.

Lesson 2 – Human life cycle

This explores the different stages in a human life cycle. We will look at what new responsibilities are associated with each life stage, and think about what we might look forward to about growing up, and what might be challenging.

Lesson 3 – Puberty in Boys

This explores the bodily changes of the male body through puberty into adulthood. It includes information about hygiene through puberty.

Lesson 4 – Puberty in Girls

This explores the bodily changes of the female body through puberty into adulthood. It includes information about menstruation and hygiene.

Lesson 5 – Emotional Changes in Puberty

This explores the emotional changes that occur during puberty and strategies to help us deal with them.

Lesson 6 – Diverse families

This explores the different types of families and celebrates diversity and tolerance.

Your child may want to discuss these areas further with you at home. Please feel free to contact your child's teacher if you have any further queries.

Thank you for your continued support.

Yours sincerely,

Mrs Longhurst
Year 4 Lead