


Gossops Green Primary School

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22nd May 2026

Year 4 Relationships and Health Education (RHE) – Summer term

Dear Parents and Carers,

After half term, Year 4 will begin our 'Growing and Changing' lessons in PSHE (Personal, Social, Health Education), which includes Relationship Education.

The Department for Education states in their statutory guidance on **Relationship and Health Education (RSE)** what the focus will be for these lessons: the physical and emotional changes associated with puberty, alongside a continued look at healthy relationships.

In line with the guidance, we aim to teach this content before they experience these changes, as understanding the changes they will undergo will ensure confidence in knowing how to respect, care for and understand their own bodies. Opportunities to explore changing feelings will also lay a foundation to prepare for adulthood and more complex learning about sexual and reproductive health, which will follow in Years 5 and 6 and in secondary school.

The sessions will cover the following (outlined below):

- Recognising that babies come from the joining of an egg and sperm, that boys have sperm and girls have eggs that are released once puberty starts.
- Learning the correct terminology for genitalia and the age that puberty can start and what the purpose of puberty is.
- What periods are and the different hygiene products used for periods.
- Recognising that marriage includes same sex and opposite sex partners and know the legal age for marriage in England or Scotland.

These lessons are compulsory and follow guidance from the Department for Education's document: Relationships and Sex Education (RSE) and Health Education 2019 [Relationships and sex education \(RSE\) and health education – GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414222/Relationships_and_sex_education_(RSE)_and_health_education_-_GOV.UK.pdf) and the National Curriculum for Science. Please see our policy on the school website under curriculum.

All lessons taught this academic year will follow the current guidance under the Department for Education 2019 and 2025, If you attended the RSE meetings earlier this month the new content **will not be taught** next term, as the changes will be implemented in September 2026 for next academic year.

The lessons will be delivered with the utmost sensitivity and in an environment, where everyone's ideas, views and thoughts are respected and valued. They will be taught in their class groups for all lessons except the session: **'Preparing for changes at puberty'**, where we discuss menstruation. For this session, we will split into girls and boys to ensure all children are comfortable to learn and ask questions. If you have any concerns or would like to know more about the content, then please do not hesitate to contact us.

Kind regards,

T Macduff

Mrs. T Macduff

Year 4 Leader and Class teacher

