



21<sup>st</sup> April 2026

**PSHE Year 4 Puberty**

Dear Parent/Carer

We are writing to inform you that during this term the Year 4 children will be learning about puberty as part of their PSHE curriculum.

This will involve talking about what puberty is, when it might occur, how the body changes for girls and boys, menstruation (which does not include the Year 6 topic of conception and birth), and personal hygiene. It is taught from a scientific point of view using the accurate scientific language.

The children will be taught in their normal class groups but also given the opportunity to ask questions separately using our 'Ask it Basket'.

There are some great websites available to help you support your child with this topic, and we would encourage you to use this opportunity to talk to the children about this natural part of growing up and alleviate any worries or concerns they may have.

<https://www.bbc.com/teach/ks2-pshe/zbrg7nb>

<https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-the-human-body-grows/zd7rkmn>

[https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=h6T2pWF5Y9Y#F](https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=h6T2pWF5Y9Y#First)  
[irst](#)

<https://www.what0-18.nhs.uk/health-for-young-people/growing/puberty>

There will be an opportunity on **Monday 27<sup>th</sup> April** between **3:30- 3:45** to look at the resources we will be using in class and ask any question you may have. This will take place in Hopper Class. If you wish to attend, please sign in via the office.

Thank you for your continued support,

Yours sincerely

Mr Massey

