

Larchwood Gardens  
Pilgrims Hatch  
Brentwood  
Essex CM15 9NG



T: 01277 372450  
E: office@larchwood.essex.sch.uk  
W: www.LarchwoodPrimary.co.uk

Headteacher: Mr.S.Bowsher

Tuesday 4<sup>th</sup> June 2024

Dear Parents / Carers,

We would like to make you aware that on the week of the 17<sup>th</sup> June, we will be completing our next PSHCE unit on changing bodies. This will also cover the Year 4 unit on Relationships and Sex Education (RSE).

These lessons will include the following skills:

- The physical changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).
- How puberty can affect emotions and feelings.
- How hygiene routines change during the time of puberty.
- The importance of keeping clean and how to maintain personal hygiene.
- Where to get more information, help and advice about growing and changing, especially about puberty.

Some of the vocabulary included within these lessons are as follows: genitals, penis, testicles, sperm, erection, wet dream, vagina, breasts, ovaries, womb, egg, period, menstruation, tampon, sanitary towel, puberty, emotions, hormones, hygiene.

These topics are part of the National Curriculum and give children a better understanding of the world and the changes that will happen to them.

If you wish to discuss anything regarding any of these topics, please get in touch with your child's class teacher via the school office.

Thank you for your continued support.

Mrs Chalkley, Mrs Luthra and Miss Tregunno  
Year 4 Team

