



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

*Aim High*

*Never Give Up*

*Follow Your Dream*

*Lead By Example*

Wednesday 25<sup>th</sup> June 2025

Dear Year 4 Parents/Carers,

As part of your child's education at Norwood School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, during this term (Summer 2), your child's class will be taking part in 2 lessons which will focus on puberty and changing bodies.

Lessons in Year 4 will include pupils learning about the following:

**Growing up-** Learning about some of the physical changes pupils will experience as they go through puberty and understanding that physical change is part of growing up.

**Introducing puberty-** Learning about the changes that males and females go through as they grow and develop from being a child to an adult.

Pupils will have opportunities to ask questions in lessons and also each classroom will have a confidential feedback box where children are able to ask questions which will be addressed in classrooms. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit our school's website for more detail about our PSHE/RSE curriculum. All PSHE/RSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. If you would like to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home please speak to your class teacher.

Yours sincerely,

Mrs Jones  
Year 4 Teacher

Mrs M Richardson  
Subject lead for PSHE education

Mrs D Reynolds  
Head Teacher