



Dear Parent/Carer,

**Re: Year 3 and 4 Relationships Education and Health Education**

We will shortly be beginning some work in year 3 and 4 about 'Growing and Changing'.

A very important part of the work will be to make sure all the children understand that the parts of their bodies under their pants and vest are private. We will learn about trusted adults to talk to and how to get help.

We will be learning about how our bodies change as we get older and how to manage these changes and keep our bodies clean and healthy. Children will also think about how their friendships and responsibilities might change as they get older, how their feelings and emotions might change and how to ask for help if they need it.

Most of this learning is part of Science, Relationships Education and Health Education which is compulsory (since September 2020). You may be aware that you can withdraw your child from 'Sex Education'. Our school policy explains that this is learning about how babies are made and born. In Year 3/4, we teach that babies are made from a seed and an egg (but not how these join together).

This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school.

Your children will be engaging with the following questions as part of this work:

- **How are male and female bodies different and what are the different parts called?**
- **When do we talk about our bodies, how they change, and who do we talk to?**
- What can my body do and how is it special?\*
- **Why is it important to keep myself clean?**
- **What can I do for myself to stay clean and how will this change in the future?**
- **How do different illnesses and diseases spread and what can I do to prevent this?**
- What are the main stages of the human life cycle?\*
- How did I begin? Sex Education
- **What does it mean to be 'grown up'?**
- **What am I responsible for now and how will this change?**
- **How do different caring, stable, adult relationships create a secure environment for children to grow up?**

*\*Part of the National Curriculum for Science*

**Bold** from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues. These are some useful sources of support:

Family Lives offers help and advice to parents and carers on any aspect of bringing up children:

[www.familylives.org.uk](http://www.familylives.org.uk)

For information and videos clips on talking about SRE to your children, try:



*Working Together in Partnership*



[www.familylives.org.uk/how-we-can-help/parentchannel-tv/](http://www.familylives.org.uk/how-we-can-help/parentchannel-tv/)

For information about your rights and SRE download the leaflet SRE and Parents from

[:https://www.gov.uk/government/publications/sex-and-relationship-education](https://www.gov.uk/government/publications/sex-and-relationship-education)

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children. If you would like to find out more about our topic, please arrange a time to come and chat to your child's class teacher. If you would like to discuss any issues relating to our work on RSE, please contact me. Further information is also available in our RSE policy and other available documents which are available on the school website:

<http://www.bentleycopdock.co.uk/page/relationships-and-sex-education/57640>

Yours sincerely,

Mrs Joanne Austin  
Headteacher