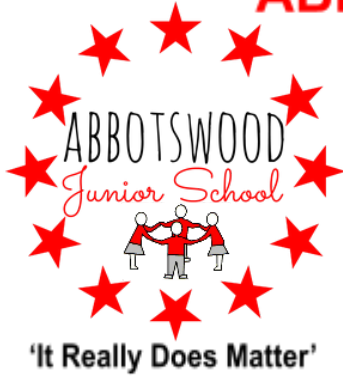


ABBOTSWOOD JUNIOR SCHOOL

'Helping everyone achieve their best'



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Headteacher: Mr Glenn Moore

Thursday 11th June 2026

Year 4 RSE - Dates and Times

Dear Parents and Carers,

As part of our Personal, Social, Health and Economic (PSHE) education curriculum, Year 4 pupils will soon be taking part in our Relationships and Sex Education (RSE) lessons. These lessons are designed to help children develop the knowledge, understanding and skills they need to build positive relationships, stay safe and support their physical and emotional wellbeing.

This half term, Year 4 will begin their Relationships and Sex Education lessons across four afternoons.

- Lesson 1 (2.30 - 3pm) Monday 15th June
- Lesson 2 (2.30 - 3pm) Tuesday 16th June
- Lesson 3 (2.30 - 3pm) Monday 22nd June
- Lesson 4 (2.30 - 3pm) Tuesday 23rd June

As a school, we follow the Medway Scheme for our RSE curriculum which is accredited by the PSHE Association. Our RSE policy is also available on the school website. Each lesson will be delivered sensitively and in an appropriate manner by your child's class teacher. Here is a brief outline of each lesson:

Lesson 1 - Growing and Changing - Physical Changes

- Growing up - babies/toddlers/children/adults
- Names for external body parts (using correct scientific terms)
- Basic introduction to puberty (e.g. body changes such as sweating, growth spurts)
- Hygiene routines (e.g. using deodorant, regular washing)

Lesson 2 - Growing and Changing - Periods

- Basic understanding of what a period is and why it happens.
- Most importantly, to understand that periods are a normal part of growing up.
- Identify basic period products.
- Know who they can talk to if they have questions or concerns.

Lesson 3 - Growing and Changing - Emotional Changes

- Explore emotional changes (e.g. mood swings, feeling more sensitive, wanting more privacy)
- Identifying and expressing emotions
- How emotions change in different situations
- Strategies for calming down or dealing with worries

Lesson 4 - Personal Boundaries and Privacy

- The concept of personal space
- Understanding appropriate and inappropriate touch
- Saying “no” and telling a trusted adult if something makes them uncomfortable
- The PANTS rule (NSPCC resource — “Privates are Private”)

If you have any further questions about the content of these lessons, please feel free to talk to your child’s class teacher.

As always, every decision made at Abbotswood is with the children’s best interest in mind.

Thank you for your continued support.

Yours sincerely,

Miss Lucia Di Maiolo
Year 4 Leader