



April 2025

Dear Parents/Carers,

As part of our Personal, Social, Health and Economic education (PSHE) lessons during the summer term, children in years 3,4 and 5 will be covering topics within a unit called 'Growing Up and Relationships'.

The lessons cover a range of topics such as friendships, healthy relationships and growing up and this helps children to make sense of physical and emotional changes as they grow older in an age-appropriate way, as well as helping to keep them healthy, happy and safe.

**The themes covered are all part of the statutory requirements for Relationships and Health Education which all schools in England are required to teach by the Department for Education.**

The following is a summary of the content that the children will be taught:

<b>Year 3</b>	Respect  What do families provide?  Family differences  Individual strengths and challenges  Peer pressure and influences  Similarities and differences between males and females
<b>Year 4</b>	Changes  Growing up  What is puberty?  Puberty and Hygiene  Personal safety and touch  <b>Periods (Girls only session)</b>

[www.stmichaelscofeprimary.co.uk](http://www.stmichaelscofeprimary.co.uk)  
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# St Michael's

*CofE Primary Academy*

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<b>Year 5</b>	Puberty  <b>Puberty for boys and girls (separate lessons)</b>  Puberty and hygiene  Emotional changes during puberty  Relationships  Support networks
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You may find that your child starts asking questions about these topics at home, or you might want to take the opportunity to talk to your child about these themes before the work is covered in school.

As with all our PSHE education programme, we really value the learning that all of these lessons give our pupils.

If you have any questions regarding these or other topics taught within PSHE, please contact Mrs Luscombe or the school office.

Yours sincerely,

Mrs Luscombe

PSHE lead teacher

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