

Water Primary School

Happiness, Health & Opportunity

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Friday 11th September 2026

Dear Families

Year 4 - 'Growing and Changing' Relationships and Sex Education Unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 4 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 4 child will be exploring the menstruation cycle and how bodies and emotions change during puberty for males and females. During these lessons (All Change; Preparing for Changes at Puberty) correct vocabulary will be taught and shared with your child around these topics, including penis, testicles, scrotum, vulva, vagina, vaginal discharge, clitoris, labia, nipples, anus, womb, breasts, ovaries, sperm, eggs, wet dreams, involuntary erections, menstruation and periods. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. If children ask questions that go beyond the planned curriculum, staff will consult the school's RSE policy and inform parents, to support discussions on an individual basis or at home if needed. Each pupil's privacy will be respected, and no one will be asked to reveal personal information; although children will be reminded that should anyone share anything personal, adults may need to share this information with other trusted adults, in order to keep

them safe. Children will follow a class agreement, encouraging them to be respectful when discussing the content, and to be mindful of discussing content near younger children as they may not be ready for this.



Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. This updated guidance stipulates that puberty education including menstruation must start at eight years old to help children understand what to expect and avoid distress.

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

Helping your children understand changes at puberty - www.coramscarf.org.uk/rse-for-Y6-and-P7

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Headteacher.

Yours faithfully

Miss Launder
PSHE Lead

Ofsted
Good
Provider

Attachment & Trauma
Aware School **ACE** Education



Healthy School



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