



05/05/2026

Dear Parents/Carers,

During the weeks following half term, in PSHE, we will be studying our Changing Me unit of work, this is a statutory requirement. In this unit we will be covering puberty in both boys and girls.

There will be many opportunities for pupils to ask questions in school during the unit. They may also wish to discuss their learning with you at home.

The unit contains the following topics and related learning intention:

Unique Me! - I understand that lots of things make up a person's identity and this is what makes them unique.

Puberty (boys and girls) and Menstruation - I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. I can describe how a boy's body changes during puberty.

Circles of Change and accepting change - I know how the circle of change works and can apply it to changes I want to make in my life. I can identify changes that have been and may continue to be outside of my control that I learnt to accept.

Looking Ahead - I can identify what I am looking forward to when I move to a new class.

Girls and boys will be taught separately for the puberty session.

If you require any further information, please contact the year 4 team via the following email: year4@meonjuniorschool.org.uk or speak with your child's class teacher. Please be advised that these lessons will not be covering conception - this topic will be covered in year 6.

Our Relationship policy is available on our school website if you would like more information.

Yours sincerely
Year 4 Teachers



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We invest in wellbeing

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We invest in people Standard

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