

Dear Parents/Guardians,

From the week commencing 2nd June, we will be teaching the 'Growing and Changing' unit of SCARF. As you may be aware, this unit will cover aspects of Relationships Education (RSE). As a result, your child may come home and have questions or talk about the topics that we will be discussing in class. Please find below an overview of the unit which will be taught throughout the last term of school.

Year 4	
Lesson name:	Lesson Overview:
Moving house	Children will be able to: <ul style="list-style-type: none">Describe some of the changes that happen to people during their lives;Explain how the Learning Line can be used as a tool to help them manage change more easily;Suggest people who may be able to help them deal with change.
My feelings are all over the place!	Children will be able to: <ul style="list-style-type: none">Name some positive and negative feelings;Understand how the onset of puberty can have emotional as well as physical impactSuggest reasons why young people sometimes fall out with their parents;Take part in a role play practising how to compromise.
All change!	Children will be able to: <ul style="list-style-type: none">Identify parts of the body that males and females have in common and those that are different;Know the correct terminology for their genitalia;Understand and explain why puberty happens.
Preparing for changes at puberty	Children will be able to: <ul style="list-style-type: none">Know the key facts of the menstrual cycle;Understand that periods are a normal part of puberty for girls;Identify some of the ways to cope better with periods.
Secret or surprise?	Children will be able to: <ul style="list-style-type: none">Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;Recognise how different surprises and secrets might make them feel;Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
Together	Children will be able to: <ul style="list-style-type: none">Understand that marriage is a commitment to be entered into freely and not against someone's will;Recognise that marriage includes same sex and opposite sex partners;Know the legal age for marriage in England or Scotland;Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

If you would like any additional resources to use at home to support with talking to your children about sex and relationships, and related topics there is a suggested book list attached to this letter.

Should you have any questions, please speak to your child's class teacher or Miss Goodship.

Thank you for your continued co-operation.

Miss C Goodship
P.S.H.E. Lead