



BOTLEY C of E (Controlled) Primary School
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22nd June 2026

Dear Parent, Carers and Guardians,

As many of you may already know, all schools are required to teach Personal, Social and Health Education (PSHE). One element of this subject is the theme of 'Growing and Changing' which is taught to all Year Groups, once a year, on a 'spiral' effect in accordance with the age and development needs of our children. All PSHE lessons that are taught are in-line with the new Relationships Education that became statutory from September 2020.

Within the 'Growing and Changing' theme, one aspect of this, is preparing the pupils for the changes ahead in puberty. As you may appreciate, children develop at different times in their life and some of our pupils in Year 3/4 have begun to experience some of the changes connected to puberty already.

We will be covering this topic in school and this forms a statutory part of our curriculum. As parents, carers and guardians, it might be, that you may wish to discuss some of the changes your child can expect during puberty prior to them being taught this in school, to help your child feel more comfortable during a lesson with their teacher.

As teachers, we often have to support our girls, for example, when they start their periods and this can be a tricky thing to happen to them in school, if they don't have the knowledge of what is happening to their body and why.

The elements that will be taught in the lessons are:

- Changes in our lives in general and how these can make us feel
- Explanation of what the term 'puberty' means and why it happens in simple terms
- The physical and emotional changes that happen during puberty
- The importance of compromise and understanding
- What periods are and why they happen in simple terms (Year 4 only)
- Keeping safe

Year 3 and Year 4 children will be taught some of the topics together in their normal classes with their normal teachers. For some topics, year 3 and year 4 will split and cover different information. There will also be an opportunity for the boys to talk to a male member of staff, and the girls to talk to a female member of staff.

The staff ensure that these topics are taught in a sensitive manner. Questions do inevitably come up but if a child asks something we are not directed to teach, we will always direct children to discuss their queries with you, as parents.

We will continue to teach PSHE weekly, but will teach the 'Growing and Changing' aspect of the topic in two week's time w.b. 29th June.

If you have any queries regarding this, please do contact a member of the Y3/4 team.

Yours sincerely,
The Year 3/4 Team

