



FAIR OAK JUNIOR SCHOOL

Botley Road, Fair Oak, Eastleigh, Hampshire, SO50 7AN

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www.fairoakjunior.co.uk

Interim Headteacher: Mr Jim Hartley

Dear Parents and Guardians,

Year 4 – Relationship and Health Education (RHE)

As you might be aware, the RHE curriculum expectations for schools has changed over the past few years. We, along with all schools in the Wyvern cluster, continuously adapt our curriculums in line with government guidance to meet the needs of our pupils. This is to ensure that we are safeguarding our children and providing them with skills and information they need as they progress through their school years.

With this in mind, we will be delivering lessons this half term that will support and educate children in the changes that happen in our bodies.

We are writing to you to inform you of the lesson outlines so that you are able to see what will be taught. They are as follows:

1st Lesson: Introductory Lesson

This lesson will focus on the scientific terminology we use for parts of our bodies. We will be exploring the words that the children already know for body parts and educating them in the correct scientific terminology. This does include the names for external genitalia.

2nd Lesson: Changes to our bodies (puberty)

During this lesson, we will be exploring the changes that happen within our bodies as we go through puberty. These do include the changes that happen to both male and female bodies. This lesson will provide a brief outline of menstruation and why it happens. All children in class will see the changes to both genders.

3rd Lesson: Further changes to our bodies (puberty and personal hygiene)

This will continue to explore what happens to our bodies as we go through puberty. This will include hair growth, menstruation, body odour etc.

During this lesson we will be using a video clip that outlines the changes. A link to the video is below should you wish to watch it or discuss with your child before the lesson:

<https://www.bbc.co.uk/cbbc/watch/operation-ouch-puberty>



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What will happen during the lessons:

As teachers, we will ensure that we establish a safe learning environment for both pupils and staff in the classroom. This helps pupils to feel comfortable about sharing feelings, exploring values and attitudes, expressing opinions, and enable them to consider the views and opinions of others without fear of negative feedback. As well as encouraging more open discussion, it helps to ensure that teachers are prepared to deal with unexpected disclosures or inappropriate comments should they occur. If this happens, we will follow our usual safeguarding procedures.

Ground rules:

For the lessons to be effective, pupils and teachers will develop ground rules together, revisit these at the start of every lesson and apply them in all discussion and group activities, amending them if we feel necessary.

Examples of the ground rules will include:

- Respecting what people say
- Listening to others
- Not asking personal questions or putting people 'on the spot'
- Not making assumptions about other people

Further to this, we will be continuing to use our 'Ask-it Basket' question box which encourages pupils to ask questions with anonymity and without embarrassment. Any child is able to put a question in the basket at any time and as many times as they want.

- Children can put their name on it so the teacher can follow it up with them individually.
- Only the teacher will see the questions, unless there are significant issues about a pupil's safety or wellbeing that need to be shared with other adults.
- Questions raised will be dealt with in the following lesson (or sooner if relevant to pupil's safety and wellbeing). Depending on the nature of the question, some responses may be answered as part of a small group session or one-to-one. They will be treated anonymously so that no-one knows who asked the original question.

Limits of Confidentiality

Teachers will explain to pupils in simple terms that, whilst we usually try to keep everything that's said in our classroom confidential, if they are concerned about a



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pupil's safety or wellbeing, they would have to tell one other member of staff. If a question, behaviour, or language arises that the teacher finds concerning, this will be discussed with the Designated Safeguarding Lead or Deputy Safeguarding Lead in line with the school's safeguarding and child protection policies.

We will be starting these lessons no earlier than Monday 22nd June.

If you have any questions, please contact your child's class teacher via the office.

We thank you for your continued support.

Yours sincerely,

Mrs Downer

RHE Lead for Lower School