



# Oldfield Primary School

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Headteacher: Mr Richard Jarrett



15<sup>th</sup> June 2021

## Health Education in Years 4 and 5

Dear Parents and Carers,

As a statutory part of our Health Education, we are writing to inform you that during the summer term in Year 4 and 5 we will be taught about "Changes in adolescent bodies".

From September 2020 this became a statutory requirement and parents do not have the right to withdraw from this aspect of the curriculum. We wrote to you in July last year and consulted the Oldfield Parent community in regards to what our curriculum would like. From Year 4 onwards, children will learn how the body changes during puberty including physical and emotional changes. We will cover hygiene routines naming parts of the body using correct terminology.

Year 4 will take part in a standalone lesson introducing them to the idea of external body changes that happen to boys and girls as they grow up. This will be looked at in more detail in Year 5 without teaching Human reproduction or birth.

Our RSHE (Relationship Sex Health Education) policy on our website outlines how this will be taught, and how we have chosen to adopt the MEDWAY scheme of work with objectives split between the Year 4 and 5 years.

### **The following will be covered by year group in the summer term:**

#### **Year 4:**

- Introduction to puberty and external changes that happen to the body.
- Identify some of the physical changes that happen to bodies during puberty.
- Explain that puberty begins and ends at different times for different people.
- Use of scientific vocabulary for external male and female body parts/genitalia.

#### **Year 5:**

- (Recapped) Introduction to puberty and external changes that happen to the body.
- Key facts about the menstrual cycle and wet dreams taught to boys and girls together, with an opportunity for girls to look at products in a girl only space.
- Emotions and feelings.
- The importance of Personal hygiene routines during puberty including washing regularly and using deodorant.



Human reproduction and birth (Sex Education) is not a compulsory area of the curriculum in primary schools, and Oldfield will continue to omit the teaching of this across the school, with the exception of topics covered in the Year 5 national curriculum for science linked to body changes and animal lifecycles.

Attached is a guide from the Department for Education which gives you more information about what Relationship and Health education is in primary schools.

Your understanding of what we are teaching in school will enable you to foster positive conversations at home and help your children understand who and where they can come for help or ask questions as they grow up. Should you have any further queries related to this, please don't hesitate to contact me.

Yours sincerely,

A handwritten signature in blue ink that reads "Loz Marchant". The signature is fluid and cursive, with a small dot at the end.

Loz Marchant  
PSHE / RSHE Curriculum Leader.  
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