



Year 4 – Changing & Growing Body

Dear Parent/Carer,

As part of our PSHE curriculum, and the Department for Education’s Relationships and Health Education Statutory Guidance, we have a legal responsibility to educate our children in understanding about their changing and growing body. Last year we worked with groups of parents to consult on our policy and curriculum content. This recognised that some of these changes are a sensitive but important part of the primary education that all children should receive. Parents requested that when lessons covered topics that are sensitive that the information is shared in advance which happened last year and was successful in all parents being happy with the content delivered.

In Year 4 during the next two weeks, your child will be learning about the body changes they will experience as they start to experience puberty. All lessons will be taught as a whole class and teachers will ensure they are sensitive to the needs of the children in their class.

The first lesson is based around understanding the rate at which children grow differs from person to person. They will begin by watching the follow clip: [KS2 Science: How the human body grows - BBC Teach](#)

They will then look at the development of a human being as they explore each stage of the human life cycle which complements learning within the Science curriculum.



The next lesson will be based around giving the children an awareness of changes that take place as they grow. Within this lesson they will understand what happens to boys and girls during puberty with a focus on both emotional and physical changes to their body, for example; body hair grows under armpits, boys may develop a deeper voice and their emotions can change due to their hormones. They will explore when puberty begins, how it is a normal change that everybody experiences, and that puberty is the beginning of their bodies changing into adult bodies.

Chief Executive: Mr Antony Hughes

The Harmony Trust, Northmoor Academy, Alderson St, Oldham, OL9 6AQ
0161 260 0482 | info@theharmonytrust.org | www.theharmonytrust.org

The Harmony Trust, an exempt charity and company limited by guarantee registered in England and Wales with company number 08840373



THE HARMONY TRUST

BELIEVE • ACHIEVE • SUCCEED

The main focus of the lesson will be around body odour and how to ensure good personal hygiene where they will discuss things that can cause body odour and will create a list of tips that can help them avoid bad body odour. They will listen to Archie give advice on how to keep themselves clean and sweat-free. They will produce their own adverts about encouraging the wearing of deodorant and how to avoid bad body odour.



1. Wash every day
2. Use deodorants
3. Change and wash your clothes regularly.

If you have any questions about these lessons, please do not hesitate to contact your Academy Principal to discuss further.

Yours sincerely

Mr Hughes
CEO

Chief Executive: Mr Antony Hughes

The Harmony Trust, Northmoor Academy, Alderson St, Oldham, OL9 6AQ
0161 260 0482 | info@theharmonytrust.org | www.theharmonytrust.org

The Harmony Trust, an exempt charity and company limited by guarantee registered in England and Wales with company number 08840373