



*For Learning That Lasts A Lifetime*

15<sup>th</sup> May 2025

Dear Parent/Carers of Year 4

### **PSHE Year 4, Term 6**

This school year we have continued implementing the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE. The lessons have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

The Term 6 Puzzle is 'Changing Me' and it is all about coping positively with change. We feel it is important that our children feel both knowledgeable and prepared for the changes human bodies. We also believe that the children should understand the facts of human reproduction, in line with the national curriculum for science.

In order to support your child and have a good understanding of what they will be learning, I am including the lesson plans and key vocabulary below that we will be following, so that you will be clear of the learning that has taken place at school ready for any questions at home.

### **Having a Baby – Lesson 2**

During this lesson, children will correctly label the internal and external parts of male and female bodies that are necessary for making a baby. They will also learn to understand that having a baby is a personal choice and express how they feel about having children when they are an adult.

**The lesson will start with a game where the children will be asked what are the right ingredients and right conditions to make something new. The teacher will then** invite the children to work with a partner and will pose two questions for a brief discussion:

- What do you think are the reasons why people might choose to have a baby?
- What do you think might be difficult about looking after a new baby?

Back as a whole class they will then talk about the idea that having a baby is both a great joy and a big responsibility, and that is why many people wait until they have a loving and stable relationship in which to care for the baby. Point out that it has always been a natural human instinct to want babies; if not, none of us would be here! Explain it's a choice people make, and some people choose not to.

Thinking back to the starter game the class will then consider what are the main ingredients for making a baby? They will then recap where the sperm and egg/ovum come from inside the body.

The children will then be asked to imagine a visiting alien from a planet where there is no difference between male and female. In pairs, the children will be asked to prepare a simple fact file with a few bullet points for the alien, explaining the physical differences between male and female humans, using the correct vocabulary, and saying why we need these differences to make a baby. Any questions or misconceptions will be clarified as they arise.

## **Key Vocabulary for Year 4 lesson 2**

Sperm, Egg/ Ovum, Penis, Testicles, Vagina/ Vulva, Womb/ Uterus, Ovaries, Making love, Having sex, Sexual Intercourse, Fertilise, Conception

## **Girls' and Puberty – Lesson 3**

During this lesson, children will describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. They will also discuss strategies to help them cope with the physical and emotional changes they will experience during puberty.

The teacher will bring out a 'bag of tricks' - a cloth bag deep enough for the contents not to be seen, with a collection of items related to puberty and growing up: e.g. deodorant (boy and girls products), spot cream, hair gel, comb, diary, teenage magazine, smart phone, iPad, bra, shaving foam, sanitary towel, tampon, pant liner, etc. Children will pull out an item, say what it is. If they don't know what an item is, others will be invited to say if they know. They will be reassured that this is new learning for everyone and that it's OK to not be sure about some of these items. When all the items are revealed, there will be a brief discussion about how each relates to an aspect of growing up.

The word 'menstruation' (literally meaning a monthly event) will be introduced and explained as a special part of puberty that affects girls/ people who are born female; and to understand it we have to think back to what we were learning about last lesson...

## **Tell me or show me**

The children will then be shown an animation of the female reproductive system and given a simple explanation about menstruation ie:

- *When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.*
- *Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/ uterus.*
- *If the egg (ovum) meets a man's sperm at this point, the egg will be fertilised and a baby will start to grow. This is called conception.*
- *Every month the womb/ uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.*
- *If an egg is fertilised it settles into this soft lining of the womb/uterus and develops into a baby.*
- *If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.*
- *Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/woman's body is working as it should.*
- *Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, a tampon or mooncup which they insert into the vagina, or period pants. It is important that these are changed regularly.*
- *The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.*

In small groups, the children will be asked to match pictures to statements and then to sort them into a correct sequence. After the children have completed this activity the teacher will suggest that some of the children may be a bit worried about all this growing up information. The teacher will give some ways that the children can be given support and reassurance if they need to have any questions answered, i.e. talking you you, their parents/carers.

### **Key Vocabulary for lesson 3**

Puberty, Menstruation, Periods

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

The government made Relationships Education and Health Education statutory for all primary schools from September 2020, however you have the legal right to withdraw your child from some aspects of this work, where it is not a component of the compulsory Science curriculum.

**You do have the right, therefore, to withdraw your child from the lesson 2 – Conception. If you wish to withdraw your child from this lesson would you please complete the parentmail form sent separately. You do not need to fill in a form if you are happy for your child to take part in all of these lessons.**

Please contact your Class Teacher if you have any questions.

Yours sincerely



**Julian Oliver**  
**PSHE Subject Lead**