



For Learning That Lasts A Lifetime

20th May 2026

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 go through. 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.

Puberty and Menstruation – Lesson 2

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.

Children will be reminded that everyone goes through puberty and that it usually starts somewhere between the ages of 9-11 and carries on into the teenage years.

Children will learn about hormone balance and how this can also have an impact on our feelings.

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 natural part of being human that affects people who are born female and is something that begins in puberty.

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

- *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.*
- *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.*
- *Having a period can feel uncomfortable but there are things that can help and it's good to talk to a trusted adult about it. Some cramping or discomfort is normal but periods shouldn't be so painful that you can't do normal activities. If they are, it's important to speak to a doctor.*
- *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 and vulva. They can choose from period products. They may choose to use an absorbent towel which they wear in their underwear, period pants or sometimes a tampon which they insert into the vagina. 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. Children will be told that they can post their questions anonymously into Jigsaw Jaz's post-box if they wish.

Key Vocabulary for lesson 2

puberty, menstruation, periods, menstrual cycle, period pants, panty liner, menstrual cup, menstrual pads, sanitary towel, tampons, vagina, vulva, ovaries, fallopian tube, period products, hormone, womb.

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.

Please contact your class teacher if you have any questions about this lesson or if you would like any further information.

Yours sincerely,

L. Brett

Lucy Brett

Healthy Living & Relationships Subjects Leader