



'Our Best at all Times'

Headteacher: Mrs Mitzi Nichol

Dear Parents and Carers

PSHE (Personal, Social and Health Education) is the curriculum subject that gives children the knowledge, understanding and practical skills to live safe, healthy, productive lives and meet their full potential. As part of our PSHE program, we will be delivering Relationships Sex and Health Education lessons (RSHE) to the children in Y4. This will begin to take place after half term.

The lessons will cover:

- Understanding that lots of things make up a person's identity and this is what makes them unique
- Being able to describe how a girl's body changes in order for her to be able to have babies
- Knowing there are many types of family and that often our family members form part of our inner circle – do I know there are trusted people I can turn to if I need help and support as I grow up
- Understanding how the circle of change works
- Identifying changes that have been and may continue to be outside of their control
- Identifying what they are looking forward to when they move to a new class

We will follow lessons from the Jigsaw Scheme of Work which we use for all of our PSHE lessons. All resources are fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association. Below you will find the website link and access code if you wish to view some of the online lesson planning and slides that we will be using to help deliver lessons.

To Access, please visit: <https://jigsawpshe.online/parent> and enter the code: **47070-00872**

A guide for parents about Relationships Sex and Health Education can be found on our website under the Curriculum and Assessment, PSHE/RSHE. On our website also is our Relationships Sex and Health Education Policy. Please note, if you would like to withdraw your child from the non-statutory components of sex education only within RSHE, please complete the form at the end of the policy and return to Mrs Nichol no later than **Friday, 22 May 2026**.

If you have any questions, email the Y4 team: y4@stillnessjs.lewisham.sch.uk

Yours sincerely

The Y4 Team

