



16 September 2024

Dear Families

### **Year 4 RSHE Lessons**

This letter is to notify you that, between next week and the end of Autumn term, Year 4 will be learning about and discussing sex and health education. These sessions will cover the physical and emotional changes in girls' and boys' bodies that occur during puberty, the correct vocabulary to name private parts and human conception including how life is created in the womb.

St Charles' have adopted the 'Life to the Full' programme which is based on the structure of 'A Model Catholic RHE Curriculum' by the Catholic Education Service. This model curriculum was highlighted as a work of good practice by the Department of Education so we therefore have confidence that the programme will be fit for purpose in supporting the growth and development of your child.

If you have any questions or queries, please contact the school office.

Yours sincerely

*L. Greatrex*

Miss Greatrex  
Year 4 Class Teacher