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**Monday 19<sup>th</sup> May 2025**

## **Year 4 PSHE (Changing Me)**

Dear Parent/Carer,

Over the coming term, Year 4 will begin the Relationship and Sex Education (RSE) work. Relationship & Sex Education became a statutory part of the National Curriculum in September 2020.

The Curriculum focuses on the human life cycle and differences between boys & girls. The children will also spend time learning about the human body, including the scientific names for male and female reproductive organs.

A full overview of your child's planned learning can be found on the following page.

If you have any questions about your child's RSE work, please contact either myself or Miss Hutchinson via Main Reception. Mrs Maddison will also be able to provide support materials for parents/carers to discuss age appropriate RSE in the home.

Kind regards,

**Mr S Houghton**  
**Deputy Head Teacher**

## Year 4 Curriculum Content

Weekly Celebration	Pieces	PSHE learning intention	Social & Emotional development learning intention
Understand that everyone is unique and special	Unique me	I understand that some of my personal characteristics have come from my birth parents, and this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
Can express how they feel when change happens	Having a baby	I can correctly label the internal & external parts of male & female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	Girls & puberty	I can 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 (periods), is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	Circles of change	I know how the circle of change works and can apply it to changes I start to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	Accepting change	I can identify changes that have been and may continue to be outside of my comfort that I learnt to expect	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	Looking ahead	I can identify what I am looking forward to when I move into my new class	I can reflect on the changes I would like to make next year and can describe how to go about life

