

# KILBURN JUNIOR SCHOOL

Telephone: 01332 880540

e-mail: info@kilburn-jun.derbyshire.sch.uk

Headteacher: Mr R.Hull



Friday 27<sup>th</sup> February 2026

Dear Parent/Carer,

## **RHSE- (Relationships, Health and Sex Education)**

This term, (beginning on 12<sup>th</sup> March 2026) year 4 pupils will begin to cover the areas of RHSE that will include discussions about changes that we are and are not in control of, aspirations for the future, and then onto physical and emotional changes which will occur through puberty (conception, foetal development and birth will only be taught within the year 6 curriculum as per government guidance).

Many parents/carers find it beneficial to have an overview of the subjects which will be covered, as they prefer to tell their children about the 'Facts of Life' themselves before it is taught/reinforced within the school curriculum.

Both male and female staff will be involved in teaching year 4 pupils, using nationally recognised resources: the Channel 4 programme, 'Living and Growing' and those developed from the PHSE Association's Guidance. The following page details the specific resources used from this program.

An outline of the areas covered is also on the reverse of this letter and our Relationships, Health and Sex Education (RHSE) Policy can be viewed [here](#). Our school policy is based on government guidance which can be found here: [Government Guidance](#).

Discussion plays a large part in the delivery of the subject and we recognise the need to keep discussion within parameters. If a child asks questions outside these parameters, they are directed to ask their parents.

Some sessions are taught to boys and girls separately in order to ensure that they are comfortable and to allow a more open forum for discussion about the topics covered.

For year 4 pupils, the topics covered at this stage are part of the statutory requirement for RHSE. However, if you wish to discuss the content of the session or the nature of the resources used, please contact me by Tuesday 10<sup>th</sup> March.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'R Hull'.

Robert Hull



## **Relationships and sex education Curriculum Overview**

### **Year 4**

#### **Understand the SRE Code**

#### **Understand the changes that can and can't be controlled.**

- Living and Growing Unit 2
- I understand the changes that I can and cannot control a
- I get older and that correct decisions are important.
- I understand what can and cannot be controlled.

#### **Boys only: Understand the changes that take place in a boy's body during puberty.**

- Living and Growing Unit 3
- Programme 1- Changes
- I know the differences between girls and boys.
- I know the changes that will occur in a boy's body during puberty.

#### **Girls only: Understand the changes that take place in a girls' body during puberty.**

- Living and Growing Unit 3
- Programme 1- Changes
- I know the changes that will occur in a girl's body during puberty.
- I know what Menstruation is

#### **Understand how feelings and emotions are linked to change as we grow up.**

- Living and Growing Unit 1
- Programme 3- Growing up
- Consolidate children's understanding of physical changes.
- I can identify changes I am in control of and discuss how my choices now might affect my future.
- I understand emotional changes that take place as we grow up.