

Summer Term 2026



Dear Year 4 parents,

I am writing to inform you of what PSHE lessons will be covered in Year 4 during the 'Growing and Changing' topic of our PSHE curriculum in Summer 2.

Below are details of what the SCARF (our PSHE scheme) learning outcomes are and a brief outline of what each lesson will involve.

Lesson 1 - Moving House

This lesson will focus on change, how our environment can change, how our families can change and how our relationships can change. Some changes we can control and some changes are beyond our control. The children will think about the strategies they can use to help them cope with changes in their life.

Learning Outcomes;

- Describe some of the changes that happen to people during their lives;
- Explain how the Learning Line can be used as a tool to help them manage change more easily;
- Suggest people who may be able to help them deal with change.

Lesson 2 - My Feelings Are All Over the Place

The lesson will look at positive and negative feelings and a range of words used to describe them. They will then focus on how hormones can affect their feelings, especially as they get older and want to become more independent. They will also discuss how hormones can change their behaviour and how families can tolerate these changes. Compromise will be a key word in this lesson.

Learning Outcomes;

- Name some positive and negative feelings;
- Understand how the onset of puberty can have emotional as well as physical impact
- Suggest reasons why young people sometimes fall out with their parents;

- Take part in a role play practising how to compromise.

Lesson 3 - All Change!

This lesson will focus on why we have both male and females on our planet, this will lead to identifying the need to reproduce.

The first activity will be to label the male and female diagrams using scientific/medical names for the body parts. These will be used, as these will help them when talking to a medical professional. The rest of the lesson will focus on puberty and how our body changes in order to get ready to have a baby, a strong focus will be considering how humans are not ready to have a baby until they are much older.

Learning Outcomes;

- Identify parts of the body that males and females have in common and those that are different;
- Know the correct terminology for their genitalia;
- Understand and explain why puberty happens.

Lesson 4 - Preparing for changes at puberty

In this lesson, we will discuss the changes that occur during puberty to both girls and boys. Menstruation will be discussed. We will then look at various products used for menstruation and we will discuss how to maintain good hygiene during puberty. We will then do a quiz, dispelling myths about periods and introduce the 'Ask it basket' for children to anonymously ask questions in.

Learning Outcomes;

- Know the key facts of the menstrual cycle;
- Understand that periods are a normal part of puberty for girls;
- Identify some of the ways to cope better with periods.

(Please note – We have deferred the topic of 'managing wet dreams' from the scheme until the children are in year 6)

Lesson 5 - Secret or surprise?

The children will be asked to sort statements into three categories; secret, surprise and not sure. After a story, 'Harold's Day of Secrets and Surprises', there will be an explanation that secrets can either make us feel safe and happy or unsafe and uncomfortable, so we can call these 'safe secrets' and 'unsafe secrets'

The children will discuss then be given a scenario, we will have a think about how these scenarios make us feel inside and what we should do in that situation.

Learning Outcomes;

- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;
- Recognise how different surprises and secrets might make them feel;
- Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

Lesson 6 - Together

We will start this session by discussing the ending to some classic stories such as Cinderella and Sleeping Beauty, after that we will discuss how two people who love each other may get married, however they do not have to and some people do not want to get married. The children will learn about civil partnerships. We will then discuss who can get married and at what age. We will clarify that even though some people are forced into marriage, it is against the law and that no one should be forced to do it.

Learning Outcomes;

- Understand that marriage is a commitment to be entered into freely and not against someone's will;
- Recognise that marriage includes same sex and opposite sex partners;
- Know the legal age for marriage in England or Scotland;
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

This PSHE Unit covers a lot of sensitive issues and the way we will approach these sensitive issues will create an open and honest dialogue with your children and we will

ensure that they are given the facts and truths rather than being exposed to myths and rumours by peers and older people which could cause them to feel confused and even scared. Our children need to be informed about their bodies and they need to feel comfortable about what will be happening to them. This is the main purpose of our Relationship and Sex Education lessons at St Veronica's and we will deliver it in a sensitive, relaxed, open and age-appropriate way.

If you have any questions or concerns, please speak to me at parents evening on the 11th March, alternatively you can ring the school office to book a consultation with me and I can hopefully clarify things and reassure you. Additionally, you are more than welcome to attend the Life Education Parents Session, which will be held by Steven, who works for SCARF, on Friday 20th March at 9am - 9.15am in our school hall.

Many thanks for your support,

Miss Alston