ST THOMAS MORE CATHOLIC PRIMARY SCHOOL

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Christ is the centre of our school community where we live, love and learn together

Thursday 12th June 2025

Dear families,

Relationship & Health Education – Year 4

We are writing to inform you that, as part of our RHE (Relationships & Health Education) curriculum, we will be looking at a unit titled Me, My Body, My Health. In this unit, children will learn to celebrate similarities and differences, and to appreciate and look after their bodies as gifts from God. Teaching also covers specific physical and emotional changes during puberty, and that growing from boys and girls to men and women is part of God's loving plan for creation.

At St Thomas More, we follow the TENTEN programme, which ensures that all content is age-appropriate, sensitive, and delivered in a way that is accessible and comfortable for children. Our aim is to provide factual, reassuring information that helps children understand the natural changes they will experience as they grow.

Session 1: We Don't Have to Be the Same

In this session, children will recognise that people are unique and that our similarities and differences should be celebrated. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.

Session 2: Respecting Our Bodies

In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise. Children will reflect on their bodies as a gift from God that He wants us to look after and respect.

Session 3: What is Puberty?

In this session, children will develop a base-level understanding of what puberty is and why we go through it. This session is a precursor to the session which will follow called 'Changing Bodies' which will look specifically at some of the changes that boys and girls will face when they enter puberty. Through a roleplay drama and presenter-led video, children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.

Session 4: Changing Bodies

In the previous session, the pupils looked at the word 'puberty' and learnt how puberty is part of God's plan to help us love others more. In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.

We encourage open conversations at home to complement our lessons, and if you have any questions or concerns about the content being covered, please feel free to reach out to us. Your support in fostering a positive and informed approach to this topic is greatly appreciated.

Thank you for your continued support,

A. Clarke-Pitcher *J. Dean*

Mrs A Clarke-Pitcher
Phase 3 & 4 Lead
Year 4 Class Teacher

Miss J Dean
Year 4 Class Teacher