



# Castleford Park Junior Academy

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Friday, July 14<sup>th</sup>

Dear Parents and Carers,

As discussed at parent consultation workshops in January, Year 4 teachers will teach the next stage of our school Sex and Relationships Programme next week – nearer the end of the week- to your children. As agreed with consulting parents, it will be differentiated to meet the needs of the children in our school. Below, is an outline of what will be taught – which is also available in more detail on the website. The programmes of study are password protected – please phone our school office for the password. Lessons will be discussion based and will allow children to ask appropriate questions. Our SRE policy, on our website, explains more about how we do this. If you would like any further information, please contact the teachers.

	Lesson overview	Key Content
1	<b>Pupils learn about the way we grow and change throughout the human lifecycle</b>	<b>Pupils</b> <ul style="list-style-type: none"> <li>• can identify changes throughout the human life cycle</li> <li>• understand change is on-going</li> <li>• understand change is individual</li> </ul>
2	<b>Pupils learn the physical changes associated with puberty</b>	<b>Pupils</b> <ul style="list-style-type: none"> <li>• are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults</li> <li>• identify physical changes associated with puberty</li> <li>• Understand that everyone's experience of puberty is different and that it begins and ends at different times</li> </ul>
3	<b>Girls learn about menstruation</b>	<b>Pupils</b> <ul style="list-style-type: none"> <li>• can describe menstruation</li> <li>• can explain effective methods for managing menstruation</li> </ul>
4	<b>Pupils learn about the impact of puberty on physical hygiene and strategies for managing this</b>	<b>Pupils</b> <ul style="list-style-type: none"> <li>• can explain how changes at puberty affect body hygiene</li> <li>• can describe how to care for their bodies during puberty</li> <li>• can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming</li> </ul>
5	<b>Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</b>	<b>Pupils</b> <ul style="list-style-type: none"> <li>• are able to describe how feelings and behaviour change during puberty</li> <li>• can devise strategies for managing these changes</li> <li>• understand how changes during puberty can affect relationships</li> </ul>

Executive Headteacher:  
*Mrs B Townend*

Headteacher:  
*Miss K Law*

Deputy Headteacher  
*Mrs J Roberts*

Assistant Headteacher  
*Mr C Barker*

School Business Manager:  
*Mrs C Probert*

Chair of Governors:  
*Mrs S Churm*



Healthy Schools

We use a number of resources and a DVD to teach the above content and we are happy to share this with you so that you are fully prepared to answer any questions your child might have regarding puberty and their body changes.

Kind Regards,

Miss Law

