



# Hillbourne Primary School

Headteacher

Mrs Laura Bennett BEd

Chair of Governors – Ms L Jepson

Kitchener Crescent, Poole

Dorset, BH17 7HX

Phone: 01202-692604

e-mail:

[office@hillbourne.poole.sch.uk](mailto:office@hillbourne.poole.sch.uk)

website:

<http://www.hillbourne.poole.sch.uk>

*Every Child, Every Opportunity'*

Monday 1<sup>st</sup> June 2026

Dear Parents and Carers,

During the summer term, Year 4 pupils will be taking part in a series of Relationships and Sex Education (RSE) lessons. These sessions are part of our Personal, Social, Health and Economic (PSHE) curriculum and are designed to be age-appropriate, informative, and supportive as children prepare for the transition to secondary school.

### *Session 1: I know the physical changes that happen during puberty*

Children will learn about the physical changes that occur during puberty. They will define the word 'puberty'. They will explore when puberty can start and talk about the physical changes they notice from a child to an adult.

### *Session 2: I know the biological changes that happen during puberty*

Children will learn about the biological changes that occur during puberty. They will understand that menstruation happens in a cycle, beginning inside the body in the internal reproductive organs. Children will learn about period products such as pads and tampons. They will also learn about wet dreams as a normal part of puberty.

### *Session 3: I know the importance of personal hygiene during puberty*

Children will learn about the importance of personal hygiene during puberty. They will be introduced to an imaginary Year 4 pupil who is going through puberty and discuss how their body is changing.

### *Session 4: I know about emotional changes during puberty*

Children will learn about the emotional changes that occur during puberty. Children will learn that emotional changes are the way someone feels inside that can't be seen like the physical changes in puberty. They will be reminded that someone going through puberty will often experience emotions intensely or more strongly than before.



We understand that RSE is a sensitive topic, and we aim to deliver these lessons in a safe, respectful, and inclusive environment. If you have any questions or would like to view the materials we will be using, please do not hesitate to contact me via the school office.

This part of the curriculum builds on children's scientific knowledge of the human body and life cycles, but we respect that parents and carers have the right to withdraw their child from these sessions if they feel it is necessary.

Thank you for your continued support.

Warm regards,  
Mrs Hall  
PSHE Lead

