

19 June 2026
Primary - Year 4 PSHE

Dear Parents/Carers

PSHE – Summer Term 2

At Penshurst Primary School, relationships and health education will be taught through Personal, Social and Health Education (PSHE) lessons using the Jigsaw online portal.

In Year 4, the topics covered in PSHE in Summer Term 2 are:

forward to when I move to a new class

- Understand that lots of things make up a person's identity and this is what makes them unique.
- Recognise how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.
- Recognise that there are many types of family and that often our family members form part of our inner circle.
- Understand that there are trusted people I can turn to if I need help and support as I grow up and go through puberty.
- Recognise how the circle of change works and can apply it to changes I want to make in my life.
- Identifying what I am looking forward to when I move into Year 5.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

If you have any queries regarding the topics taught this half term, then do not hesitate to speak to your child's teacher.

Yours faithfully



Miss C Davies
Assistant Headteacher