

2nd June 2026

Dear parents and carers,

As a part of your child's education at Boston West Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education and Relationships and Sex Education (RSE) programme. Our RSE policy, can be found on the Boston West Academy website.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

We are writing to let you know that, over the summer term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in year 4 will include pupils learning about:

- **Physical health and Mental wellbeing:** Maintaining a balanced lifestyle; oral hygiene and dental care
- **Growing and changing:** Physical and emotional changes in puberty including menstruation; external genitalia; personal hygiene routines; support with puberty
- **Keeping safe:** Medicines and household products; drugs common to everyday life

When teaching about the physical and emotional changes in puberty, the whole class will be taught together. This is in line with the government advice on how to deliver the statutory PSHE and RSE curriculum.

Your child will only be taught the health aspect of the RSE curriculum. Please note, you cannot withdraw your child from the health aspect of RSE, which includes the changes during puberty, as this is statutory to the PSHE and RSE curriculum.

If you would like to talk further about these details, please contact a member of the year 4 team.

Yours sincerely,

The year 4 team

