



Rye Community Primary School & Starfish Pre-school
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Thursday, 23rd November 2023

Dear Parent/Guardian,

We would like to inform you that we will be having our RSHE day later this term. We will be focusing on the following units with the children during their RSHE day.

Year 3



Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.



Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.

Year 3:

I know how my body may change as I grow and develop, how to care for my body and celebrate my uniqueness

- understand how my body might change as I grow and develop
- celebrate everybody's physical uniqueness
- know how to keep my body clean and hygienic

Year 4:

I can reflect on how my body has changed and anticipate body changes, understanding that some are related to puberty

- know how a baby develops
- know how a baby is born
- know how my body has changed so far and how it might change in the future

If you would like to know more information about our programme of relationships and sex education, please familiarise yourself with the RSHE policy which can be found on our school website or speak to your child's class teacher.

Best Wishes,

Mrs Newman, Mrs Foster, Mrs Banks and Mrs Benn