



Kents Hill Junior School

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Head of Academy: Miss Joanne Parkes

24th September 2025

Dear Parent/Carers,

Re: Year 4 Health and Relationship Education Week

As part of your child's educational experience at Kents Hill Junior School, we are committed to promoting the health and well-being of our pupils. In an ever-changing world, children need to develop an understanding of themselves, others and their community and how we can work together in harmony. They also need to know how to maintain healthy lifestyles and relationships with others.

We have now completed planning for our weekly Health and Relationship Education topic 'Changing Me' across Autumn 2. Across the term, the main topics covered will be:

- Understanding that some of our personal characteristics have come from my birth parents due to the fact I came from the joining of their egg and sperm
- Correctly labelling the internal and external parts of the male and female bodies that are necessary for making a baby
- Understanding how girls' bodies change in order for her to become able to have babies when she is an adult and that menstruation is a natural part of this
- Identifying external changes that are outside of my control and developing strategies to help to deal with these

The Department for Education has announced changes to relationships and sex education following nationwide consultation. These changes have now come into effect and all schools are required to comply with the updated requirements. At Kents Hill Junior School, we were early adopters of this update and we have already been teaching RSE (through our Health and Relationships Education) and have a comprehensive curriculum in place.

If you have any queries or concerns regarding the content, please feel free to contact me or take a look at the PSHE curriculum on the school website for more details: <https://www.kentshilljuniorschool.co.uk/year-4-1/>.

Kind regards,

Mrs E Kelsey-Foreman
Assistant Head of Academy
Team Leader Year 4

Learning ~ Friendship ~ Safety ~ Success

At Kents Hill Junior School we are committed to safeguarding and promoting the welfare of children, and we expect all staff and volunteers to share this commitment. Designated Safeguarding Lead – Miss Joanne Parkes

Academy Trust (Registered in England) – Company Number 7804282

Reg. address: Kents Hill Junior School, Kents Hill Road, Benfleet, Essex, SS7 5PS

