



# Whitstable Junior School

Oxford Street, Whitstable, Kent, CT5 1DB

Tel: (01227) 272385

Interim Headteacher: Mrs. Annie Knoupe BA (Hons) PGCE

*e-mail: [manager@whitstable-junior.kent.sch.uk](mailto:manager@whitstable-junior.kent.sch.uk)*

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Dear Parent/Carer,

The PSHE curriculum for Year 4 Term 3 is:

How do we grow & change?

Changes that happen at puberty; keeping good hygiene; describing intensity of feelings to others; managing complex emotions; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for your health and wellbeing; asking for advice.

To introduce the topic we intend to show the children a PowerPoint which is now available to view on the school website. You will find it in the Children's Zone, Year Group, Year 4. We hope you will take a look at the PowerPoint so that you are aware of what has been discussed at school and are able to support your child with any further questions they may have. It will remain there until Friday 8<sup>th</sup> February. Please don't hesitate to contact your child's class teacher if you have any questions regarding this.

Kind regards,

Mrs Migden and Mrs Kerr

Year 4 Teachers

