



Upper Beeding Primary School

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Head Teacher: Mr M Andrews

Thursday 2nd July 2026

Dear Parents/Carers,

During this half term, Year 4 children will be involved in Relationships and Sex Education as part of their on-going Relationships, Social and Health Education curriculum.

In line with our policy we will be using the Kapow Primary RSE scheme of work; which uses videos, activities and discussions to introduce relationships and sex education at an age-appropriate level.

Topics covered with Year 4:

Growing Up:

Learning about some of the physical changes pupils will experience as they go through puberty and understanding that physical change is part of growing up.

Introducing Puberty:

Learning about the changes that males and females go through as they grow and develop from being a child to an adult.

If you have any questions or concerns, please have a look at our PSHE page on the school website, or speak to your child's class teacher.

You can help your child by talking to them openly and positively about these topics.

Thank you for your support.

Mr A Hughes
PSHE and RSE Leader

