



# METHERINGHAM PRIMARY SCHOOL

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Monday 20<sup>th</sup> May 2024

Dear Metheringham Families,

Over the next term, in our PSHE we will be looking at how to keep ourselves and others safe. In our RHE (Relationships and Health Education) learning, we will be looking at the changes that take place in peoples' bodies during puberty.

It is important that children can discuss and ask questions both at home and at school, so you will find the vocabulary that we will use below. You may wish to discuss these with your child beforehand or your child may want to talk to you about what they have learned when they come home.

Below is a summary of lessons covered and the vocabulary we will use.

If you any questions about the learning, please come and talk to us.

<p><b>Year 4</b> <b>Safety and the changing Body</b></p> <p>Vocabulary: airways, trachea, triggers, inhaler, lungs, medicine, larynx, inhale, exhale, child, adult, change, grow, develop physical changes, height, breasts, penis, testicles, hips waist, shoulders, chest hair, puberty, hygiene</p>	<ul style="list-style-type: none"> <li>• First Aid – We are having a mini first aid workshop</li> <li>• What is asthma and how does it affect the body?</li> <li>• How do I call for help in an emergency?</li> <li>• Road safety</li> <li>• What is puberty?</li> <li>• What will happen to my body as I grow up?</li> <li>• Recognise that change is part of growing up</li> <li>• Transition</li> </ul>
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The Lower Key Stage 2 Team

