

John Ray Junior School

Notley Road, Braintree, Essex, CM7 1HL

Tel: 01376 324107

Email: johnrayjunior@compassps.uk

Website: www.johnray.compassps.uk

Headteacher Karen Harrison



8th June, 2026

Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships Education, Health Education and Sex Education.

At John Ray Junior School, we believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum which looks at many topics including relationships, physical/emotional health and the skills needed to live in the wider world. Relationships and sex education (RSE) is an important part of PSHE. We believe this work is an important part of safeguarding children as knowledge empowers them, helps them to stay safe and for when the time comes, to have a better understanding of puberty and the way their bodies will change.

On the week beginning the 22nd June, Year 4 will have their RSE lessons. During the lessons, pupils will be able to ask questions, which will be answered factually and in an age-appropriate manner. Each class will also have a question box in the classroom where children can ask questions anonymously if they wish and these will be answered by the teacher if appropriate to do so.

Year 4 RSE lesson content

- To understand the process of reproduction and birth as part of the human life cycle
- To identify the external genitalia and internal reproductive organs in males and females
- To understand the physical and emotional changes during the time of puberty
- To identify how hygiene routines change during puberty, the importance of keeping clean and how to maintain personal hygiene

Most parts of the RSE element of the PSHE curriculum are compulsory in primary schools, including **all aspects** of the Year 4 content listed above, therefore no child is able to be withdrawn. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about

John Ray Junior School

Notley Road, Braintree, Essex, CM7 1HL

Tel: 01376 324107

Email: johnrayjunior@compassps.uk

Website: www.johnray.compassps.uk



Headteacher Karen Harrison

issues before the work is covered in school. If you have any questions regarding the content of the Year 4 RSE lessons, please contact your child's class teacher.

Yours sincerely,

Karen Breen

Assistant Headteacher