**Headteacher: Mrs Sarah Fuller**
**Deputy Head: Mrs Emily Hair**
**Assistant Head: Mr Martin Phillips**
**Greenside Primary School**
**Chapeltown**
**Pudsey**
**Leeds**
**LS28 8NZ**
**Tel: 0113 257 4509**
**Email: admin.info@greenside-sch.org**
**Website: http://www.greenside-sch.org**

Friday 16th October 2026

**Relationships and Sex Education (RSE) – Y4 Menstruation for Girls**

Dear Parents and Carers,

As you may be aware, the teaching of RSE is compulsory for all primary schools and next half term, teachers from Years 1 to 6 will be delivering RSE in their PSHE lessons.

As part of our RSE teaching, Year 4 girls will be learning about puberty and menstruation (periods).

We recognise that this may feel like an early age to introduce menstruation. However, puberty can begin at different ages and some girls may begin puberty from around the age of eight. It is therefore important that children receive clear, age-appropriate information before these changes happen, so that they understand what to expect and feel reassured rather than worried or distressed.

This approach is in line with Department for Education guidance, which states that puberty, including menstruation, should, as far as possible, be taught before its onset so that pupils are prepared for the changes they may experience.

The session will be delivered sensitively and in an age-appropriate way. The children will learn:

- what menstruation is and that it is a normal part of growing up;
- some of the changes that happen during puberty;
- what a period may feel like and what to expect;
- about period products and basic menstrual hygiene;
- who they can speak to if they have any questions or worries.

Our aim is to ensure that the girls feel informed, confident and reassured about the changes that may happen to their bodies. We also hope that learning about menstruation openly and positively will help reduce anxiety, embarrassment and stigma. Year 4 boys will not be in the lesson, but consolidate prior learning.

If you have any questions about the lesson or would like further information about the content being taught, please contact the school.

Yours faithfully

Mr Khan
PSHE, RSE and RE Lead