

PSHE/RSE

Year 4

Health and Wellbeing

PSHE/RSE Factsheet for Parents

During this unit of learning, children will explore three main concepts: Physical Health and Mental Wellbeing, Growing and Changing and Keeping Safe. Within Physical Health and Mental Wellbeing, children will learn about maintaining a balanced lifestyle including common illnesses, as well as oral hygiene and dental care. Within Growing and Changing, children will learn about the physical and emotional changes that happen in puberty, and will explore how personal hygiene routines change along with puberty. Within keeping safe, children will explore the storage of medicines and household products and learn about drugs common to everyday life e.g. cigarettes, alcohol, vaping)

Resources for parents:

Diseases knockout cards for children to understand how illnesses spread:



Advice for keeping teeth healthy:
[Lesson 5 - keeping teeth healthy info.pdf](#)

Toothbrush diary for children to complete as part of home learning:

Brushing Diary

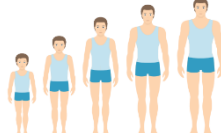
Write the day of the week in the diary and tick each time you have brushed your teeth in the box for that day.

Day	Tick for every time you brush your teeth
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Weekly total	

Female body changes:



Male body changes:

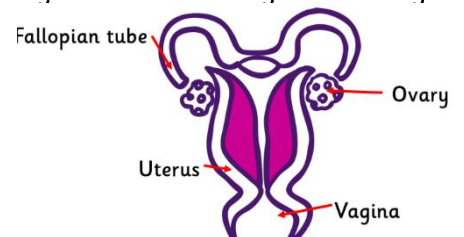


Scenarios to explore emotional puberty changes:

Mario has lots of friends both boys and girls. Recently he has started feeling differently about one of the girls. He thinks she is really pretty and doesn't seem to be able to speak to her without getting his words muddled and blushing. Some of his friends have noticed and are teasing him about it.

Poppy and Maya have been friends since they started school. Recently Poppy has been moody and doesn't always want to play with Maya. She has made friends with some other girls that she didn't used to like. It's making Maya feel really unhappy.

For girls – understanding menstrual cycle:



Questions your child may ask

- How can I help prevent illnesses and diseases spreading?
- Why does our country have better healthcare than others?
- What more can we do as a family to contribute to the community's health and environment?
- Do I brush my teeth enough? How could I change my routine?
- How have I changed since I was born?
- What physical changes have I gone through in puberty?
- When will I start puberty?
- Why do I feel emotional at different times?
- How can I take responsibility in our house to make sure substances are away safely and there are no hazards?
- Why do you use drugs (in terms of alcohol, nicotine and caffeine)?