



'Spurring each other on with love'

School Drive, Woolwell, Plymouth PL6 7JW

☎: 01752 301837 Email: admin@bickleighdown.devon.sch.uk

Headteacher: Mrs Tameka Hue Hamilton

13th January 2026

Dear Parents and Carers,

This half term in PSHE, we will be looking at the topic of "Growing Up". In this topic, we will be looking at:

- the physical and emotional changes that happen when approaching and during puberty
- how personal hygiene routines change during puberty
- how to ask for advice and support about growing and changing and puberty

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills they need to stay safe, happy and healthy, while preparing them for their life ahead.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised during the lesson. If questions are asked which are not linked to the Year Four curriculum, we will ask children to discuss these with you.

If you have any questions or concerns, please do not hesitate to let us know.

Yours sincerely, Miss Willis, Mrs Ballett and Mr Harden, Year Four Teachers

