



St Joseph the Worker Catholic Primary School



Highview Crescent, Hutton, Brentwood, Essex CM13 1BJ
Telephone Brentwood (01277) 227282 **Email** admin@st-josephworker.essex.sch.uk
Website www.st-josephworker.essex.sch.uk

Head Teacher: Kathryn Poulter

Dear Year 4 Parents,

We are writing to inform you that in the week beginning 16th June 2025, pupils will take part in **Puberty and Sex Education lessons**, during which we will sensitively explore and discuss issues around this topic within a Catholic context (as recommended by Brentwood Diocesan Education Service).

A Journey in Love is the resource recommended by the Diocese of Brentwood for Catholic primary schools to use for Relationship and Sex Education. It is a progressive scheme of work designed for each year group and supports Religious Education, PSHE, and the Science curriculum already taught in primary schools.

The programme is rooted in the belief that we are made in the image and likeness of God, and that gender and sexuality are gifts from God that reflect His beauty. Each stage of growth is explored through suggested developmental tasks and activities, with reflections focusing on physical, social, emotional, intellectual, and spiritual development. As children progress through school, they will learn more about themselves and the wider world.

Central to our school's mission is helping children learn about their faith, understand themselves, their role in the community, and how they grow as individuals. This is how *A Journey in Love* integrates into our curriculum. The programme runs throughout the school and focuses on friendship, family, community, relationships, and spirituality—guiding children's development as young Catholics.

As with all aspects of learning, children are naturally curious and many will have specific questions to their sessions. Opportunities to discuss questions form part of the sessions and, again these are treated with care and understanding.

Year 4 learning will include:

1. Some of our characteristics have come from our birth parents and that this happens because we are made from the joining of their egg and sperm.
2. How a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.



St Joseph the Worker Catholic Primary School fully complies with information legislation. For the full details on how we use your personal information please see our privacy notice which is located on our school website (www.st-josephworker.essex.sch.uk) under 'Key Information/Data Protection/Privacy Notice' or call 01277 227282 if you are unable to access the internet.



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3. Identify changes that have been and may continue to be outside of my control that I learnt to accept.

These will all be delivered by your child's teacher.

If you have any concerns or questions about your child taking part in these lessons, please contact the school office to arrange an appointment.

Yours sincerely,

Mrs Poulter
Headteacher



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