



THE  
**ANGLOPHONE  
BRITISH  
CURRICULUM**  
INTERNATIONAL SCHOOL

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Thursday 16th April 2026

Dear Parents,

I am writing to let you know about this term's PSHE unit your child will be learning: 'Growing Up'.

This unit helps children learn how their bodies and emotions may change as they grow older. It gives them the knowledge and confidence they need to understand these changes and to ask questions in a safe and supportive space.

The main topics we will cover in Year 4 include:

- How humans reproduce (basic understanding)
- Physical changes in boys and girls
- Emotional changes during puberty
- Healthy relationships

We believe these lessons are essential to help children feel prepared and informed. They will also learn the correct scientific words to use as they grow and their bodies begin to change.

Please speak to your child's class teacher if you have any questions or would like to know more.

Kind regards,

Alex Condon  
4A Class Teacher  
Head of Year 4

If you would like this verbally translated into Vietnamese or Korean, please contact the school office  
Quý vị có thể liên hệ với văn phòng trường để được trợ giúp nội dung thư sang Tiếng Việt  
한국어 번역이 필요하신 경우, 학교 행정실로 연락 주시기 바랍니다

