Date

Dear Parents/Carers,

As you may be aware, in school we follow the Jigsaw, mindful approach to PSHE (Personal, Social, Health Education) which is a teaching and learning programme which includes the statutory RSHE and has a strong focus on emotional, mental health and wellbeing.

All pupils in school are taught the ‘Changing Me’ unit of our PSHE curriculum which is a compulsory subject. This unit is taught during the Spring Term.

This unit focuses on how our bodies change and develop as we grow from babies to adults. The ‘Changing Me’ unit is all about coping positively with change and includes:

**Reception** Growing up: how we have changed since we were babies.

**Year 1** Boys’ and girls’ bodies; correct names for body parts.

**Year 2** Boys’ and girls’ bodies; body parts and respecting privacy (which parts of the body are private and why this is).

**Year 3** How babies grow and how boys’ and girls’ bodies change as they grow older. Introduction to puberty and menstruation.

**Year 4** Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

**Year 5** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

**Year 6** Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

These lessons will be taught using child friendly lessons and correct terminology. These lessons are also a part of our science curriculum which is compulsory.

If you have any questions or concerns, please speak to your child’s class teacher.

Miss Shuttleworth & Miss Ly

PSHE leads