

Dear families,

Next half term, the whole school will be starting a new unit in Personal, Social, Health and Relationships Education (PSHRE) called 'Changing Me'.

The 'Changing Me' unit of work includes Relationships Education and is part of the Jigsaw Programme which we follow.

The unit aims to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. It is treated in a matter-of-fact manner to allay embarrassment and fear.

What will my child actually be taught in Relationships and Sex Education?

- Year 3: How babies grow and how boys' and girls' bodies change as they grow older
- Year 4: Internal and external reproductive body parts, body changes in girls and menstruation
- Year 5: Puberty for boys and girls, and conception
- Year 6: Puberty for boys and girls and understanding conception to the birth of a baby

Further details of each lesson can be seen on page two of this letter.

All lessons are taught using simple child-friendly language, pictures and animations, which help children understand changes more effectively. On Thursday 5th June at 2:30pm, you are invited to a meeting where I will share these resources with you. Please complete the Microsoft Form if you wish to attend – see separate link that will be sent via text.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer (for example, because of its mature or explicit nature) the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

If you have any questions, please contact your child's class teacher in the first instance.

You can find further information about our PSHRE curriculum on our school website:

[Our Curriculum - The Carlton Junior Academy - Nottingham](#)

If you do not want your child to take part in some or all of the lessons, you may ask that they are withdrawn. Please arrange an appointment with Mrs Charlesworth so that you can talk through any areas of concern.

If you would like a paper copy of the information in this letter, please let us know.

Thank you,

Mrs S Charlesworth

PSHRE Leader

Year Group	Piece number and name	Learning Intentions
3	Piece 1 - How Babies Grow	<ul style="list-style-type: none"> Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby Express how I feel when I see babies or baby animals
	Piece 2 - Babies	<ul style="list-style-type: none"> Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow Express how I might feel if I had a new baby in my family
	Piece 3 - Outside Body Changes	<ul style="list-style-type: none"> Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies Identify how boys' and girls' bodies change on the outside during this growing up process Recognise how I feel about these changes happening to me and know how to cope with those feelings
	Piece 4 - Inside Body Changes	<ul style="list-style-type: none"> Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up Recognise how I feel about these changes happening to me and how to cope with these feelings
4	Piece 2 - Having A Baby	<ul style="list-style-type: none"> Correctly label the internal and external parts of male and female bodies that are necessary for making a baby Understand that having a baby is a personal choice and express how I feel about having children when I am an adult
	Piece 3 - Girls and Puberty	<ul style="list-style-type: none"> Describe 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 Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty
5	Piece 2 - Puberty for Girls	<ul style="list-style-type: none"> Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally Understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Piece 3 - Puberty for Boys and Girls	<ul style="list-style-type: none"> Describe how boys' and girls' bodies change during puberty Express how I feel about the changes that will happen to me during puberty
	Piece 4 - Conception	<ul style="list-style-type: none"> Understand that sexual intercourse can lead to conception and that is how babies are usually made Understand that sometimes people need IVF to help them have a baby Appreciate how amazing it is that human bodies can reproduce in these ways
6	Piece 2 - Puberty	<ul style="list-style-type: none"> Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally Express how I feel about the changes that will happen to me during puberty
	Piece 3 - Girl Talk/Boy Talk	<ul style="list-style-type: none"> Ask the questions I need answered about changes during puberty Reflect on how I feel about asking the questions and about the answers I receive
	Piece 4 - Babies Conception to Birth	<ul style="list-style-type: none"> Describe how a baby develops from conception through the nine months of pregnancy, and how it is born Recognise how I feel when I reflect on the development and birth of a baby
	Piece 5 - Attraction	<ul style="list-style-type: none"> Understand how being physically attracted to someone changes the nature of the relationship Express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this