

High Littleton C. of E. Primary School, High Littleton, Bristol BS39 6HF

Part of the Midsomer Norton Schools Partnership

Tel: 01761 470622 Fax: 01761 472800

Email: office@highlitletonschool.com

Web: www.highlitletonschool.com

Head Teacher: Mr Gareth Griffith

Tuesday, 30th April 2024



Dear Parents/Carers,

Relationships, Sex and Health Education Term 6: Changing Me

Next term during your child's PSHE (Personal, Social and Health Education) lessons, we will be focusing on the theme of **Changing Me** using our Jigsaw scheme of work.

The **Changing Me** unit is all about coping positively with changes and includes the following:

Reception

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

Lesson 1: My Body - I can name parts of the body.

Lesson 2: Respecting My Body - I can tell you some of the things I can do and foods I can eat to be healthy.

Lesson 3: Growing Up - I understand that we all grow from babies to adults.

Lesson 4: Fun and Fears - I can express how I feel about moving to Year 1.

Lesson 5: Fun and Fears - I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.

Lesson 6: Celebration - I can share my memories of the best bits of this year in Reception.

All lessons are taught using correct terminology, child-friendly language and diagrams. For further information, please visit the RSHE section of our website.

If you have any questions, please do not hesitate in contacting your child's class teacher.

Best wishes
Gareth Griffith
Headteacher



"Love each other as I have loved you." John 15:12