

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@highlittletonschool.com

Web: www.highlittletonschool.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:

Year 1

Boys' and girls' bodies: correct names for body parts.

Lesson 1: Life cycles - I am starting to understand the life cycles of animals and humans.

Lesson 2: Changing Me - I can tell you some things about me that have changed and some things about me that have stayed the same.

Lesson 3: My Changing Body - I can tell you how my body has changed since I was a baby.

Lesson 4: Boys' and Girls' Bodies - I can identify the parts of the body that make boys different from girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.

Lesson 5: Learning and Growing - I understand that every time I learn something new I change a little bit.

Lesson 6: Coping with Changes - I can tell you about changes that have happened in my life.

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