

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

Part of the Midsomer Norton Schools Partnership

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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 3

How babies grow and how boys' and girls' bodies change as they grow older: Introduction to puberty and menstruation.

Lesson 1: How Babies Grow - I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby.

Lesson 2: Babies - I understand how babies grow and develop in the mother's uterus and what a baby needs to live and grow.

Lesson 3: Outside Body Changes - I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can also identify how boys' and girls' bodies change on the outside during this growing up process.

Lesson 4: Inside Body Changes - I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.

Lesson 5: Family Stereotypes - I can start to recognise stereotypical ideas I might have about parenting and family roles.

Lesson 6: Looking Ahead - I can identify what I am looking forward to when I move to my next year group.

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