

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 4

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

Lesson 1: Unique Me - I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.

Lesson 2: Having a Baby - I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

Lesson 3: Girls and Puberty - I can 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.

Lesson 4: Circles of Change - I know how the circle of change works and can apply it to changes I want to make in my life.

Lesson 5: Accepting Change - I can identify changes that have been and may continue to be outside of my control that I learnt to accept.

Lesson 6: Looking Ahead - I can identify what I am looking forward to when I move to a new 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