

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 5

Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent: Conception explained in simple biological terms.

Lesson 1: Self and Body Image - I am aware of my own self-image and how my body image fits into that.

Lesson 2: Puberty for Girls - I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.

Lesson 3: Puberty for Boys - I can describe how boys' and girls' bodies change during puberty.

Lesson 4: Conception - I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.

Lesson 5: Looking Ahead - I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).

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