

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 6

Puberty for boys and girls revisited: Understanding conception to the birth of a baby. Becoming a teenager.

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

Lesson 2: Puberty - I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.

Lesson 3: Babies: Conception to Birth - I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

Lesson 4: Boyfriends and Girlfriends - I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.

Lesson 5: Real self and ideal self - I am aware of the importance of a positive self-esteem and what I can do to develop it.

Lesson 6: The Year Ahead - I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving 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