

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

Part of the Midsomer Norton Schools Partnership

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Thursday, 27th May 2021

Dear Parents/Carers

Relationships, Sex and Health Education Term 6: Changing Me

Further to my letter to you in March, 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:

Reception

Growing up: how we have changed since we were babies.

Lesson 1: My Body - I can name parts of the body.

Lesson 2: Respecting My Body - I can tell you some of the things I can do and foods I can eat to be healthy.

Lesson 3: Growing Up - I understand that we all grow from babies to adults.

Lesson 4: Fun and Fears - I can express how I feel about moving to Year 1.

Lesson 5: Fun and Fears - I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.

Lesson 6: Celebration - I can share my memories of the best bits of this year in Reception.

All lessons are taught using correct terminology, child-friendly language and diagrams.

For further information, please visit the RSHE section of our website

<https://www.highlittletonschool.com/information-for-parents/relationships-sex-and-health-education.htm>

If you have any questions, please do not hesitate in contacting your teacher.

Best wishes

Gareth Griffith
Headteacher



"Love each other as I have loved you." John 15:12