



## PHSE and RSHE (Relationships, Sex and Health Education)

Dear Parents/Carers,

We are writing to inform you that your child's class will be starting their new puzzle in Jigsaw (PSHE) called 'Changing Me'.

During these sessions your child will be learning about puberty and human reproduction, appropriate to their age and stage of development.

### What will my child actually be taught in Relationships, Sex and Health Education?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

In Year 3 we will be covering:

**How Babies Grow.** To understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. To express how I feel when I see babies or baby animals.

**Babies.** To understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow. To express how I might feel if I had a new baby in my family.

**Outside Body Changes.** To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. To identify how boys' and girls' bodies change on the outside during this growing up process. To recognise how I feel about these changes happening to me and know how to cope with those feelings.

**Inside Body Changes.** To identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up. To recognise how I feel about these changes happening to me and how to cope with these feelings.

**Family Stereotypes.** To start to recognise stereotypical ideas I might have about parenting and family roles. To express how I feel when my ideas are challenged and be willing to change my ideas sometimes.

**Associate Principal:** Chloe Neild  
Church Street, Stanwick, Wellingborough,  
Northamptonshire NN9 6PS  
**T:** 01933 623117  
**E:** head@stanwick.northants-ecl.gov.uk  
www.stanwick.northants.sch.uk





All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life. There is a strong safe-guarding element to the 'Changing Me' Puzzle.

If you have any questions or would like to view any of the resources that will be used please contact the school.

Many thanks

Mrs Bird

**Associate Principal:** Chloe Neild  
Church Street, Stanwick, Wellingborough,  
Northamptonshire NN9 6PS  
**T:** 01933 623117  
**E:** [head@stanwick.northants-ecl.gov.uk](mailto:head@stanwick.northants-ecl.gov.uk)  
[www.stanwick.northants.sch.uk](http://www.stanwick.northants.sch.uk)



Proud to be part of the  
Nene Education Trust