



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.

Year 4 Changing Me

Being unique: I appreciate that I am a truly unique human being

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

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

Confidence in change & Accepting change: I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively

Preparing for transition & Environmental change: I can identify what I am looking forward to when I move to a new class

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

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it helps them make healthy decisions later in life. There is a strong safeguarding 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 us.

Many thanks

Mrs Brown & Mrs Robinson
Year 4 Class Teachers

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