



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 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 6 Puberty for boys and girls and understanding conception to birth of a baby**

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

Our core objectives for these sessions will address the following:

- To be aware of my own self-image and how my body image fits into that
- know how to develop my own self-esteem
- To explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
- To express how I feel about the changes that will happen to me during puberty
- To ask the questions I need answered about changes during puberty
- To be able to reflect on how I feel about asking the questions and about the answers I receive
- To describe how a baby develops from conception through the nine months of pregnancy, and how it is born

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- To be able to recognise how I feel when I reflect on the development and birth of a baby
- To understand that sexual intercourse can lead to conception and that is how babies are usually made
- To understand that sometimes people need IVF to help them have a baby
- To appreciate how amazing it is that human bodies can reproduce in these ways
- To be able to describe how a baby develops from conception through the nine months of pregnancy, and how it is born
- To be able to recognise how I feel when I reflect on the development and birth of a baby
- To understand how being physically attracted to someone changes the nature of the relationship
- To be able to express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this

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 me or the school.

Many thanks

Mr Smith

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