Dear Parents,

R.H.S.E Lessons

After the half term holiday teachers will once again begin teaching the **'Changing Me'** unit of **R.H.S.E**. This unit covers how children's bodies change as they grow older and is dealt with in an age appropriate way using our established scheme called *Jigsaw* and supplemented by the Christopher Winters scheme that we have been using in school since 2015. In Years 5 and 6, if teachers feel that gender split lessons would be beneficial, then a female teacher will speak to the girls and a male teacher will speak to the boys. The lessons are approached in a developmental and age-appropriate way and children are given the opportunity to ask questions either as part of the class or individually through the privacy boxes which are used in these lessons. If a question arises and the teacher feels it would be inappropriate to answer, the child will be encouraged to ask his/her parents/carers at home. The question will not be answered to the child or class if it is outside the learning planned for that year group

What will my child actually be taught in the 'Changing Me' unit?

The 'Changing Me' Unit of work ensures that all children

- Develop confidence in talking, listening and thinking about feelings, growth, development and change
- Are able to name parts of the body using correct vocabulary and describe how their bodies work
- Can keep themselves safe and ask for help and support
- Are prepared for puberty and be aware that changes of a physical, emotional and social nature are normal in both genders.

The Changing Me Unit covers 6 areas of learning and within the unit there are areas that specifically relate to body parts or body changes. The learning intentions for the areas focused on the body and body changes have been included in the following grid. Some of these areas have been moved to older year groups where we felt this was more appropriate.

Year group	***Piece Number and Name***	***Learning Intentions***
FS	Growing Up	● Seek out others to share experiences. Show affection and concern for people who are special to them
1	Piece 4 Boys' and Girls' Bodies	● Identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vulva, anus, breast, nipples. ● respect their own body and understand which parts are private

2	Piece 4 Boys' and Girls' Bodies	• recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus, breast, nipples) and appreciate that some parts of the body are private • tell you what they like/don't like about being a boy/girl
3	Piece 1 How Babies Grow	• 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 • express how they feel when they see babies or baby animals
	Piece 2 Babies	• understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow • express how they might feel if they had a new baby in their family
	Piece 3 Outside Body Changes	• understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies • identify how boys' and girls' bodies change on the outside during this growing up process
	Piece 4 Inside Body Changes	• 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 (male, female, testicles, sperm, penis, ovaries, egg, ovum womb, uterus, vagina) • recognise how they feel about these changes happening to them and how to cope with these feelings
4	Piece 2A Having A Baby Responsibilities and Joys	• understand what responsibilities there are in parenthood and the joy it can bring • understand that having a baby is a personal choice and express how I feel about having children when I am an adult
5	Piece 3 Year 4 Puberty for Boys and Girls	• Positive self and body image • describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this • know that they have strategies to help me cope with the physical and emotional changes they will experience during puberty
6	Piece 2 Year 5 Puberty for Girls	• Positive self and body image • explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally • understand that puberty is a natural process that happens to everybody and that it will be OK for them
	Piece 3 Year 5 Puberty for Boys and Girls	• describe how boys' and girls' bodies change during puberty • express how they feel about the changes that will happen to their bodies during puberty
	Piece 5	• understand how being physically attracted to someone changes the nature of the relationship

	Boyfriends Girlfriends	• express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this • understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that we should not feel pressured into doing something we don't want to

The key concepts that children learn in our *Jigsaw* scheme 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.

If you have any concerns or questions, please contact the school office:

Mrs P. Beach

RHSE and PSHE Lead