



Dear Parents and Carers,

‘Changing Me’ topic in Year 5- Summer Term 2

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We use a scheme of work called Jigsaw which looks at many topics including all kinds of relationships, physical/emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions during their school years and beyond. During the course, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Please find attached the map of lessons with learning intentions, also specified below:

- Understand that everyone is unique and special
- Express how they feel when change happens
- Understand and respect the changes that they see in themselves
- Understand and respect the changes that they see in other people
- Know who to ask for help if they are worried about change
- Looking forward to change

You have the right to withdraw from session 4 (conception), but many parents and parent-related organisations support good quality RSE in school. If you wish to withdraw your child from this lesson, please complete the attached ‘Right to Withdraw’ form and hand to your child’s class teacher. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish.

Yours sincerely,

Sabine Newberry

PSHE and RSE Lead

Weekly celebration	Piece	Learning intention
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Understand that everyone is unique and special	1) Self and Body Image	I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem
Can express how they feel when change happens	2) Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	3) Puberty for Boys	I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in other people	4) Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby I appreciate how amazing it is that human bodies can reproduce in these ways
Know who to ask for help if they are worried about change	5) Looking Ahead- Part 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	6) Looking Ahead- Part 2	I can identify what I am looking forward to when I move to my next class. I can start to think about changes I will make next year and know how to go about this.