



Dear Parents and Carers,

‘Changing Me’ topic in Year 4- 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

Many parents and parent-related organisations support good quality RSE in school. 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
--------------------	-------	--------------------

Understand that everyone is unique and special	1) Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I appreciate that I am a truly unique human being
Can express how they feel when change happens	2) Having a Baby	I understand what responsibilities there are in parenthood and the joy it can bring I can consider what has influenced my life and what might influence the lives of other people I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	3) 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, and that menstruation (having periods) is a natural part of this I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	4) Circle of Changes	I know how the circle of change works and can apply it to changes I want to make in my life I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5) Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6) Looking Ahead	I can identify what I am looking forward to when I move to a new class I can reflect on the changes I would like to make next year and can describe how to go about this