



Dear Parents and Carers,

‘Changing Me’ topic in Year 3- 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
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Understand that everyone is unique and special	1) How Babies Grow	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	2) Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I can express how I might feel if I had a new baby in my family
Understand and respect the changes that they see in themselves	3) Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process I recognise how I feel about these changes happening to me and know how to cope with those feelings
Understand and respect the changes that they see in other people	4) Inside Body Changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I recognise how I feel about these changes happening to me and know how to cope with these feelings
Know who to ask for help if they are worried about change	5) Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
Are looking forward to change	6) Looking Ahead	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