



Dear Parents and Carers,

‘Changing Me’ topic in Year 1- 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) Life Cycles	I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2) Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3) My Changing Body	I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4) Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	5) Learning and Growing	I understand that every time I learn something new I change a little bit I enjoy learning new things
Are looking forward to change	6) Coping with Changes	I can tell you about changes that have happened in my life I know some ways to cope with changes