

Headteacher: Andrew Denham

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Tuesday 7<sup>th</sup> June

Dear Parents,

This term all the children will be covering a Personal, Social, Emotional and Health (PSHE) module called 'Changing Me'. During the lessons some children will be discussing the body similarities and differences between boys and girls and, for some of the older children, helping them to understand conception.

Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me module is all about coping positively with change and includes:

**Reception:** How we have changed since we were babies.

**Year 1 & 2:** Boys' and girls' bodies; correct names for body parts; and respecting privacy (which parts of the body are private and why this is).

**Year 3 & 4:** How babies grow and how boys' and girls' bodies change as they grow older; introduction to puberty and menstruation; internal and external reproductive body parts; and conception explained in simple terms.

**Year 5 & 6:** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent; conception explained in simple biological terms; and becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

These are important lessons in a child's education as we help them understand the physical and emotional changes they may start to experience or hear about and help them to stay happy and safe. If you have any further questions about the content of these lessons, please do not hesitate to speak to the class teacher directly.

Kind regards,

Andrew Denham