GREAT HEIGHTS ACADEMY TRUST

CARLINGHOW ACADEMY

Ref: DW/AG

9 June 2021

Dear Parent/Carers,

Jigsaw lessons since September have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the 'Jigsaw' friends and 'Calm Me' time.

During the final term the children look at 'Changing Me' within their PHSCE lessons.

The following areas will be taught this term:

Year		What is covered in the 'Change Me' Unit:
Reception	Growing up	How we have changed since we were babies
Year 1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Year 2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls - how do we feel about them? Which parts of me are private?
Year 3	Inside and outside body changes	How our bodies need to change so they can make babies when we grow up - inside and outside changes and how we feel about them
Year 4	Having a baby	The choice to have a baby, the parts of men and women that make babies and - in simple terms - how this happens
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult - including menstruation
Year 5	Puberty for girls	Physical changes and feelings about them - importance of looking after yourself
	Puberty for boys	Developing understanding of changes for both sexes - reassurance and exploring feelings
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life
Year 6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us
	Girl talk / boy talk	A chance to ask questions and reflect (single sex)
	Conception to birth	The story of pregnancy and birth

We hope you will be in agreement with us that this work is vitally important for children and that it needs to be delivered age-appropriately. The Jigsaw Programme gives us a secure framework in which to do this.

Although we do not need consent for these sessions we understand that some of you may wish to speak to a teacher regarding this theme. Please be assured that when teaching PHSCE we follow the government guidelines and always teach subjects impartially and sensitively.

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Principal: Miss D Worthington
Vice-Principal: Mrs M Fishwick

Part of
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Chief Operations Officer:
Mrs J Firth
Chief Finance Officer:
Mrs A Rawson

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If you do wish to speak to your class teacher regarding the 'Changing Me' topic please contact the office and make a telephone appointment.

Yours faithfully

Miss D Worthington

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