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Headteacher: Miss S Myers
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RSE: Relationship and Sex Education for Year 1 and Year 2

Dear Grange Families,

As a school we have been following the 'Jigsaw' PSHE scheme and it has 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. This term our unit of work is '**Changing Me**' and includes naming body parts and discussing how their bodies have changed so far in their lifetimes.

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. We have taught this topic previously and we have found it beneficial for all of the children. Please find below a copy of the unit overview for your information. If you look at the overviews, you will see that it is session 4 for both Year 1 and Year 2, that details naming of body parts.

You have the opportunity to withdraw your child from these lessons if you feel you wish to. Please express your choice to withdraw by contacting your child's class teacher on Class Dojo. Alternatively, please phone the school office. I am always happy to talk through these lessons and to share with you the curriculum content should you wish to know more.

If we do not receive a reply from you by **Monday 26th June**, we will assume that consent has been given, and that your child will take part in all of these lessons.

Kind Regards,

A handwritten signature in black ink, appearing to read 'S Myers', is written over a horizontal line.

Miss Myers
Headteacher



Puzzle 6 - Changing Me

Puzzle Map - Ages 5-6

Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create the Tree of Change display
 Piece 5 Flowers

PE 1 SPESH MENT 6

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
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 Puzzle Outcome: Piece 5 Flowers	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 Assessment Opportunity ★	I can tell you about changes that have happened in my life	I know some ways to cope with changes

Puzzle 6 - Changing Me

Puzzle Map - Ages 6-7

Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create the Tree of Change display
 (Pieces 2 and 6: Leaf Mobile)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Life Cycles in Nature	I can recognise cycles of life in nature	I understand there are some changes that are outside my control and can recognise how I feel about this
Can express how they feel when change happens	2. Growing from Young to Old	I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can identify people I respect who are older than me
Understand and respect the changes that they see in themselves	3. The Changing Me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I feel proud about becoming more independent
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private	I can tell you what I like/don't like about being a boy/girl
Know who to ask for help if they are worried about change	5. Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like and don't like and can ask for help
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	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 when I am in Year 3 and know how to go about this

