



# Westlands Primary School

A member of Swale Academies Trust



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VTP/KAR/ELB/PSHE/RSE/Years 3, 4 and 5

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Dear Parents and Carers of children in Years 3, 4 and 5

We are writing to inform you that during term 6 children at Westlands Primary School will be learning about 'changing me' from our published scheme of work for PSHE (Personal, Social, Health, Education)/RSE (Relationships and Sex Education) in line with the new government expectations.

We, along with the government, believe that an age appropriate, drip feeding of information is really important and would like to work in partnership with home to ensure that children are given a consistent message.

In this letter, we will indicate what your child will cover in their year group during the unit. It is important to note that, with only a couple of exceptions in Upper KS2, the new scheme of work is statutory and parents cannot withdraw their children.

Key documentation that we encourage parents to read include:

- Jigsaw parent Booklet
- Relationship and Sex Education Policy
- Government RSE guidelines

Please see the table below, which outlines the learning intentions for each session:

### Year 3 - Changing me:

<u>Lesson and coverage:</u>	<u>PSHE learning intention:</u>	<u>Social and Emotional learning intention:</u>
How Babies grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
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
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

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
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
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

#### Year 4 - Changing me:

<u>Lesson and coverage:</u>	<u>PSHE learning intention:</u>	<u>Social and Emotional learning intention:</u>
Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
3. Girls and Puberty	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
4. Circle of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
6. Looking Ahead	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this

Year 5 - Changing me:

<u>Lesson and coverage:</u>	<u>PSHE learning intention:</u>	<u>Social and Emotional learning intention:</u>
Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty For Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
3. Puberty For Boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
5. Looking Ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
6. Looking Ahead 2	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.

If there are any questions, please contact your child's class teacher.

Kind regards,



Miss Rowson



Mrs Oswald