

Wednesday 8<sup>th</sup> May 2024

Dear Year 4 Parents/Carers,

**Re: Personal, Social, Health and Economic Education**

We follow the Jigsaw scheme for personal, social, health and economic education and after May half term the theme is 'changing me'.

Children will learn about how we change as we grow older, the differences between boys and girls and also about relationships. For some of the lessons, boys and girls will be taught in separate groups.

Below is a table showing what the children will be learning during this half term's lessons. Some of the content is more detailed than we have taught in previous years but necessary to meet the requirements of the compulsory relationships education which the government introduced last year.

**Changing Me Puzzle Map - Ages 8-9**

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.Unique Me	R1, R2, R3, R4, R27	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	R1, R2, R3, R4, R26, H34	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	R26, H34, H35	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.Circles of Change Puzzle Outcome: Circles of Change	H4	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	H2, H3	I can identify changes that have been and may continue to be outside of my control that I learn 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 Assessment Opportunity		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



Please speak to your child's class teacher if you would like further information.

Yours sincerely,

Mr Sunner  
Executive Head Teacher

Mr Downs  
Head of School