

ST MARY THE VIRGIN CHURCH OF ENGLAND PRIMARY SCHOOL

Hartfield, East Sussex, TN7 4AA



Learning with Love, Strength and Faith, following the example of Jesus

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Wednesday 23rd June 2021

Dear Willow Class Families,

PSHE and RSE

In line with the National Curriculum and updated PSHE guidance, Relationships and Sex Education (RSE) is taught across the school. It is appropriate to the age of the children, as part of our well-established programme of Personal, Social and Health Education, (PSHE). RSE is underpinned by the ethos and values of our school, and supports our pupils with the process of growing up and managing the changes that occur.

We teach the 'Science' aspects of RSE through PSHE because we believe that it is important to relate them to the wider range of knowledge and understanding, personal and social skills, attitudes, and personal qualities that make up the PSHE programmes of study.

We teach RSE through our Jigsaw Scheme of work. This unit is called '*Changing Me*' and the content is appropriate to the age of the children. Please read the information below regarding what your child will be learning during the last four weeks of term. The Year 4 girls and boys will be taught separately for the 'Girls and Puberty' session.

Parents have the right to withdraw their child from RSE. If you feel this is an option, or you have any questions, please do not hesitate to contact us.

Yours sincerely,

Miss K Roberts
Willow Class Teacher

Miss B Hare
Head of School



Pieces	PSHE learning intention	Social and emotional development learning intention
1. How Babies Grow	I understand that in animals and humans lots of changes happen between birth 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

YEAR 4 ONLY

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
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