

Fairfields Primary School

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Headteacher
Mr G. Gaidoni

6th June 2025

Dear Parents/Carers,

PSHE- Changing Me

Our PSHE topic this term is '*Changing Me*'. We will be following the Jigsaw scheme to deliver this important topic and will be using the scientific terminology when referring to the body parts. Please see below an overview of what will be covered throughout each lesson so that you are able to talk to your child if you feel necessary.

Lesson 1: To understand that there are changes as we grow up.

This lesson teaches the children the different stages of a human's growth. (Baby, Toddler, Child, Adolescent & Adult) They will write down what a human can do at each stage of development.

Lesson 2: To understand how babies grow and develop in the womb and what a baby needs to live and grow.

This lesson teaches the children what a baby needs from their carer to survive. (warmth, love, food, cleanliness etc)

Lesson 3: To understand that our bodies change on the outside as we grow older to have a family of our own one day.

This lesson teaches the children about the physical changes in both boys and girls during puberty. This **does not** include teaching the girls about periods.

Lesson 4: To recognise stereotypical ideas about parenting and family roles.

This lesson teaches the children about the importance of not being stereotypical towards gender specific roles.

Lesson 5: To identify what I am looking forward to when I move to my next class.

This lesson teaches the children about the upcoming change between the transition from Year 3 to Year 4.

If you have any questions or queries regarding this topic then please feel free to contact us or Mrs Glossop (PSHE Lead) who will be able to discuss this with you further.

Yours sincerely,

Mr Weatherhead, Miss Cooper and Mrs Cooper

