BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY
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2nd June 2025

Dear Parent/Carer,

TERM 6 JIGSAW- CHANGING ME

At Bourne Elsea Park, we follow the Jigsaw Programme, a mindful approach to PSHE, to ensure that our students receive a holistic and well-rounded PSHE education.

This term, our class teachers will deliver high-quality PSHE sessions, using a range of engaging resources and activities from Jigsaw. To support the delivery of this programme we feel it is important to let you know about the areas that the upcoming unit will cover so you can support your child with further discussion of these issues should they come home with questions.

The Term 6 puzzle piece for this term is called Changing Me. For **Year Three** the outline for this unit will be as follows:

Piece 1 How Babies Grow	• 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. • express how they feel when they see babies or baby animals.
Piece 2 Babies	• understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow. • express how they might feel if they had a new baby in their family.
Piece 3 Outside Body Changes	• understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. • identify how boys' and girls' bodies change on the outside during this growing up process. • recognise how they feel about these changes happening to them and know how to cope with those feelings.
Piece 4 Inside Body Changes	• 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 (introduce sperm, ovaries, egg, ovum/ova, womb/uterus, vagina and period). • recognise how they feel about these changes happening to them and know how to cope with these feelings. Note : this lesson briefly introduces the term 'period' and explains what a period is in simple terms.
Piece 5 Family stereotypes	• start to recognise stereotypical ideas I might have about parenting and family roles
Piece 6 Looking ahead	• identify what I am looking forward to when I move to my next class

We want to assure you that these sessions will be delivered in a sensitive and age-appropriate manner, taking into account the individual needs of our pupils. Should you have any further questions please speak to your child's class teacher.

The Year 3 Team and PSHE Team