BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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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 One** the outline for this unit will be as follows:

Year 1	Piece 1 Life Cycles	• start to understand the life cycles of animals and humans • understand that changes happen as we grow and that this is OK
	Piece 2 Changing Me	• tell you some things about them that have changed and some things about them that have stayed the same • know that changes are OK and that sometimes they will happen whether I want them to or not
	Piece 3 My Changing Body	• tell you how their body has changed since they were a baby • understand that growing up is natural and that everybody grows at different rates
	Piece 4 Boys' and Girls' Bodies	• use the correct names for parts of the body: penis, testicles vulva, anus • identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vulva • respect my body and understand which parts are private
	Piece 5 Learning and Growing	• understand that every time I learn something new, I change a little bit
	Piece 6 Coping with changes	• tell you about changes that have happened in my life • know some ways to cope with changes

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.

Yours sincerely

The Year One Team & PSHE Team