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 pupils 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:

Year 3	Piece 1 How Babies Grow	• understand that in animals and humans lots of changes happen from birth to fully grown, and that it is the female who has the baby • express how they feel when they see babies or baby animals
	Piece 2 Outside Body Changes	• identify how boys' and girls' bodies change on the outside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up • recognise how they feel about these changes happening to them and know how to cope with these feelings **Overview of lesson** This lesson introduces puberty as the gradual collection of changes transforming children's bodies into adult bodies, focusing on external physical changes. Children explore which changes they can and cannot control, understanding that physical puberty changes occur naturally at different times and paces for each person. Through body outline activities, children identify which physical changes apply to girls, boys, or both, learning vocabulary for body parts and discussing their feelings about growing up.
	Piece 3 Inside Body Changes	• identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab scrotum, sperm, ovaries, egg, ovum/ ova, womb/uterus, vagina) • recognise how they feel about these changes happening to them and know how to cope with these feelings **Overview of lesson** This lesson explores internal reproductive changes during puberty, explaining how boys' and girls' bodies prepare for making babies when grown up. Children learn about the male reproductive system including penis, testicles, scrotum and sperm production, and the female reproductive system including ovaries, eggs, womb and vagina. The lesson emphasises that puberty starts between ages 8-15, usually earlier for girls, and that everyone experiences it differently. Children express feelings about these changes and understand that trusted adults can provide support and advice as they've been through puberty themselves.

		This lesson does not attempt any explanation of how the sperm and egg come together. If a child asks the question, we will explain that the male and female decide when this happens, and we will learn more about it another time.
	Piece 4 Keeping Ourselves Clean	• understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy • know some simple ways of keeping clean which can keep them healthy and protect them from some infections • start to think about the ways to keep my body clean as I grow up and how I feel about this **Overview of lesson** Children learn about personal hygiene and why keeping clean becomes increasingly important as bodies change during puberty. Through exploring how bacteria and germs spread, they understand the importance of regular handwashing and maintaining cleanliness. The lesson explains that bacteria naturally live on our skin and that warm, damp areas like armpits and genitals can develop body odour during puberty when bacteria mix with increased sweat. Children identify practical ways to maintain good hygiene including regular bathing or showering, brushing teeth, washing hands, cleaning hair, and changing underwear and clothes. The lesson normalises physical changes during puberty and reassures children that questions about growing up are natural, encouraging them to speak with trusted adults for support.
	Piece 5 Family stereotypes	• start to recognise stereotypical ideas I might have about parenting and family roles • express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
	Piece 6 Looking ahead	• identify what I am looking forward to when I move to my next class • start to think about changes I will make next year and know how to go about this

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 3 Team & PSHE Team