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

Year 4	Piece 1 Unique Me	• understand that lots of things make up a person's identity and this is what makes them unique • describe how I will make choices about developing my own identity and interests as I grow up and that these will contribute to who I am
	Piece 2 Puberty and Menstruation	• describe how a girls' 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 • have strategies to help me cope with the physical and emotional changes I will experience during puberty Animation A (female) ages 7-9 **Overview of the lesson** Children learn how the female body changes internally during puberty to enable reproduction, understanding that menstruation is a natural monthly process. They explore the menstrual cycle, learning about ovaries, eggs, the womb lining and how this results in a period. The lesson introduces different period products including menstrual towels, tampons, period pants and menstrual cups, explaining their purpose and use. Children understand that whilst periods are a normal part of puberty, the age when they begin varies and some discomfort is natural, though significant pain should be discussed with a doctor. The lesson emphasises that talking to trusted adults about puberty-related worries is important and provides strategies for managing both physical and emotional changes during this time.
	Piece 3 Being Part of a Family	• know there are many types of family and that often our family members form part of our inner circle • know that there are trusted people I can turn to if I need help and support as I grow up and go through puberty • know that sometimes I may feel anxious about growing up and this normal • know that there are people who can support me
	Piece 4 Circles of Change	• I know how the circle of change works and can apply it to changes I want to make in my life • I am confident enough to try make changes when I think will benefit me
	Piece 5 Accepting Change	• identify changes that have been and may continue to be outside of my control that I learnt to accept • express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively

	Piece 6 Looking Ahead	• identify what I am looking forward to when I move to a new class • reflect on the changes I would like to make next year and describe 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 4 Team & PSHE Team