



Dear Parents/Carers,

Within the PSHE and Science curriculum, there is a mandatory requirement for schools to provide teaching and learning pertaining to the emotional, social, and physical aspects of growing up.

As a school we use the Christopher Winter Project to support the PSHE 'Changing Me' topic, from our Jigsaw scheme of learning, across the school. The Christopher Winter Project provides a series of age-appropriate lessons which will be delivered by your child's class teacher, or in the case of staff absence, a teacher that your child is familiar with. These lessons will be taught as a whole class, and all children will be given the opportunity to ask questions 1:1 using a question box. Below is a list of planned lesson objectives for your child's year group.

Year 5 planned lessons:

- **Self-image and body image**
- **To explore the emotional and physical changes occurring in puberty.**
- **To explore the impact of puberty on the body and the importance of physical hygiene.**
- **Know who to ask for help if they are worried about change**
- **Are looking forward to change.**

We are aware that this can uncover sensitive issues; to create a 'safe' environment for the children to learn, we will set class rules and expectations for these lessons with the children. These will include rules similar to:

- No personal questions to be asked
- Show respect for the views of others
- Use appropriate language
- Only talk about what has been discussed in class with children of the same age or older.

We are confident that you will support your child during these teaching sessions, which will take place during next half term. Should you have any questions or concerns regarding how the lessons will be taught, the content of lessons or answering your child's questions, please do not hesitate to contact myself or your child's class teacher.

If you would like to see the resources used for the teaching of the 'Changing Me' topic, we will be holding a drop-in session in 5S on Thursday 11<sup>th</sup> January 2024 between 3.30pm and 4.15pm. If you have any questions prior to this, please speak to your child's class teacher.

Yours sincerely

Miss Mills and Mrs Stroud

PSHE Leaders

