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Dear Parents/Carers

We are writing to inform you that your child's class will be starting their new topic in PSHE, we use a scheme called Jigsaw (PSHE), each of the topics are called puzzles and the next is called 'Changing Me'. Due to changes in the National Curriculum, these are now compulsory parts of the curriculum and must be taught.

During these sessions your child will be learning about puberty and human reproduction, don't worry this is delivered in an age appropriate level and way. It is treated in a matter-of-fact manner to allay embarrassment and fear.

What will my child actually be taught in Sex Education?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Year group	Piece Number and Name	Learning Intentions
3	Piece 1 How Babies Grow	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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
	Piece 4 Inside Body Changes	<ul style="list-style-type: none"> 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 recognise how they feel about these changes happening to them and how to cope with these feelings
4	Piece 3 Girls and Puberty	<ul style="list-style-type: none"> describe how a girl's 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 know that they have strategies to help me cope with the physical and emotional changes they will experience during puberty
5	Piece 2	<ul style="list-style-type: none"> explain how a girl's body changes during puberty and understand

	Puberty for Girls	<ul style="list-style-type: none"> the importance of looking after themselves physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be OK for them
	Piece 3 Puberty for Boys and Girls	<ul style="list-style-type: none"> describe how boys' and girls' bodies change during puberty express how they feel about the changes that will happen to their bodies during puberty
6	Piece 2 Puberty	<ul style="list-style-type: none"> explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally express how they feel about the changes that will happen to their bodies during puberty
	Piece 3 Girl Talk/Boy Talk	<ul style="list-style-type: none"> ask the questions that they need answered about changes during puberty reflect on how they feel about asking the questions and about the answers they receive
	Piece 5 Attraction	<ul style="list-style-type: none"> understand how being physically attracted to someone changes the nature of the relationship express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

Accurate information is important but only part of the picture: help them now by building their inner resilience, so they become mindful children, mindful teenagers, and mindful adults.

We feel that it will be a great benefit if there is the opportunity to further discuss this with your child at home.

There is a strong safe-guarding element to the 'Changing Me' Puzzle.

There is an option for parents to view the resources used in school, if you wish to do this please contact the school. The website Outspoken Sex Ed <https://www.outspokeneducation.com> is a useful place for information about speaking to your child.

As always, please do contact the school if you feel a need.

Many thanks,

Mr Dixon

