



Dear Parents and Guardians,

Headteacher: Mr Cunniffe

As part of our ongoing commitment to providing comprehensive and age-appropriate education for your child, we are writing to inform you about the upcoming Relationship and Health Education component of our PSHE (Personal, Social, Health, and Economic) curriculum for Year 1.

During this half term, we will be introducing the 'Changing Me' unit from the Jigsaw PSHE program. This unit is designed to help children understand the concept of growth and change in a sensitive and age-appropriate manner.

### What Your Child Will Learn

The focus will be on the following key areas:

**Life Cycles:** Basic understanding of the life cycle of humans and other animals, highlighting growth and change.

**Understanding Changes:** Children will learn about how they have changed since they were babies and discuss some of the changes that will happen as they grow older.

**Respecting Privacy:** Teaching the importance of personal privacy and boundaries, encouraging children to understand and respect their own bodies and those of others. We will be using the PANTS resources through the NPSCC.

### How We Teach

Our approach is to provide this information in a safe, supportive, and non-judgmental environment. The lessons will be delivered through age-appropriate activities, stories, and discussions. We aim to foster a positive and respectful understanding of these natural changes, ensuring children feel comfortable and informed.

### Parental Involvement

We value your role in your child's education and understand that discussing these topics can be sensitive. To support you further, please speak to your child's class teacher, who can provide information and resources to help you continue these important conversations at home.

We are committed to ensuring that our children receive a well-rounded education that supports their overall Health and Well-being. Thank you for your continued support in your child's learning journey.

If you have any questions or concerns, please do not hesitate to contact us.

Warm regards,

Mr Mark Cunniffe  
Headteacher

Mrs Vicky Taylor  
PSHE Subject Lead



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