

Springfield Primary Academy

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Principal: Mr A Willett



Care, Collaboration, Challenge

Thursday 9th June 2022

Dear Parent

In our Personal, Social, Health Education lessons this term we have come to our 'Changing Me' sessions. During these lessons, children will learn how their bodies change over time and the differences between boys and girls. The Jigsaw curriculum that we use is age appropriate and gradually builds up knowledge as your child progresses through school. Below is a brief summary of what will be discussed in each phase, in case your child would like to talk about it with you in more detail.

Reception – senses, body parts, growing up.

Year 1 and 2 – lifecycles, growing from young to old, recognising the physical differences between boys and girls and using the correct names for parts of the body, appreciating that some parts of the body are private, understanding that there are different types of touch and being confident to say what they like and don't like.

Year 3 and 4 – Being unique, having a baby, puberty.

Year 5 and 6 – Self-image, body image, physical attraction, reproduction, puberty.

If you would like to know more information, please do not hesitate to talk to your child's class teacher in the first instance.

Yours sincerely

A. Willett