



Friday 19th May 2023

Dear Parents/Carers

Over the final half of the summer term Year 3, as part of the Science and PSHE curriculum, will be taking part in the area of the curriculum referred to as 'Relationship, Health and Sex Education'.

Relationship, Health and sex education at Millbrook Junior School will reflect the values of the PSHE and Citizenship programme. RHSE is taught in the context of relationships through the Jigsaw scheme we use for PSHE across the year. For Year 3, this unit will involve body changes or puberty. This is part of health education and is compulsory.

The aim of RHSE is to prepare children for the changes their bodies will go through but also giving them the language and confidence to talk to someone if they have any questions or unsure about anything.

We aim to provide students with age appropriate information about their bodies and relationship in an environment where they feel comfortable to ask questions and become better informed. We hope that the students will then have a greater understanding of what is happening to them as they make the transition to adulthood. Our aim then is that the children will grow into confident, healthy adults who are able to make positive choices. This is reflected throughout the whole of our PSHE curriculum.

Over the summer term Year 3 will be looking at:

| Year 3 Changing Me | Aims of the lesson |
|----------------------|---|
| How babies grow | To 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. |
| Babies | To understand how babies grow and develop in the mother's uterus. To understand what a baby needs to live and grow. |
| Outside body changes | To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. To be able to identify how boys' and girls' bodies change on the outside during this growing up process. |
| Inside body changes | To be able to identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. |
| Family stereotypes | To be able to start to recognise stereotypical ideas they might have about parenting and family roles. |
| Looking ahead | To be able to identify what they are looking forward to when they move to their next class. |

If you would like further information a more detailed overview including the vocabulary we use please have a look at our website. There is a useful leaflet on our website too which includes more detail on the importance of RHSE and also about talking to your child about the issues raised. The information can be found under 'Information', 'Curriculum' on our school website. We use the Jigsaw PSHE scheme, their website is www.jigsawpshe.com.

For Year 3, the lessons are linked with body changes rather than 'sex' and therefore these lessons are a compulsory part of the curriculum.

Please contact the class teacher if you have any further questions or if you would like to see any of the materials being used with the children. We hope this can be a positive experience where we can work together.

Yours sincerely

Jenny Green
Assistant Headteacher