

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parent/Carer,

TERM 6 JIGSAW- CHANGING ME

This school year we have been implementing the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE.

The lessons since September, have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the Jigsaw Friends and Calm Me time.

The Term 6 puzzle piece for this term is called Changing Me. For **Year 1** the outline for this unit will be as follows:

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|------------------------------------|---|
| Piece 1 Life Cycles | <ul style="list-style-type: none">• start to understand the life cycles of animals and humans.• understand that changes happen as we grow and that this is OK. |
| Piece 2 Changing Me | <ul style="list-style-type: none">• name some things about themselves that have changed and some things about themselves that have stayed the same. |
| Piece 3 My Changing Body | <ul style="list-style-type: none">• can say how their body has changed since they were babies.• understand that growing up is natural and that everybody grows at different rates. |
| Piece 4 Boys' and Girls' Bodies | <ul style="list-style-type: none">• use the correct names for parts of the body: penis, testicles, vagina, vulva, anus.• identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, vulva.• respect their body and understand which parts are private. |
| Piece 5 Learning and Growing | <ul style="list-style-type: none">• understand that every time I learn something new I change a little bit |
| Piece 6 Coping with changes | <ul style="list-style-type: none">• tell you about changes that have happened in my life |

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

Should you have any further questions please speak to your child's class teacher.

The Year 1 Team and PSHE Team