

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parent/Carer,

YEAR 4 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.

As it is our first year transitioning to the Jigsaw materials, in this unit the children will be covering content that will ordinarily be covered with Year 3 and 4 to ensure that there are not gaps in essential knowledge. The outline for **Year 4** this year will be as follows:

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.• recognise how they feel about these changes happening to them and know how to cope with those feelings.
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 can tell you why these changes are necessary so that their bodies can make babies when they grow up (introduce sperm, ovaries, egg, ovum/ova, womb/uterus, vagina and period).• recognise how they feel about these changes happening to them and know how to cope with these feelings. <p>Note: this lesson briefly introduces the term 'period' and explains what a period is in simple terms.</p>
Piece 4 Circles of change	<ul style="list-style-type: none">• I know how the circle of change works and can apply it to changes I want to make in my life

Piece 5 Accepting change	<ul style="list-style-type: none">• identify changes that have been and may continue to be outside of my control that I learnt to accept
Piece 6 Looking ahead	<ul style="list-style-type: none">• identify what I am looking forward to when I move to a new class

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 4 Team and PSHE Team