BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY
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Bourne

24th April 2025

Dear Parents and Carers,

YEAR 4 CHANGING ME PARENTS/CARERS WORKSHOP

The Term 6 Jigsaw unit is titled Changing Me. The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and the programme builds progressively across school in an age-appropriate manner to ensure that our children leave primary school with the statutory and essential knowledge needed.

Overleaf is an overview of the Year 4 Changing Me unit.

Relationships Education and Health Education are statutory for all primary schools but we would value the opportunity to share these statutory requirements so you are clear about the curriculum we intend to teach the children, why we feel this is so important, and also the aspects parents/carers have the right to withdraw their children from.

We invite you to attend a session at school in which we will give you a transparent and comprehensive picture of what we are planning to teach in the unit.

Date: Tuesday 20th May **Time: 3:20 p.m.** **Venue: Year 4 classroom**

Due to the nature of these sessions, it is not appropriate for children to attend. To enable as many parents and carers to attend as possible, we will provide childcare for any primary school age child in one of the classrooms in school; this will be supervised by a member of teaching staff.

This unit contains **one lesson that is classified as sex education** and sits outside the statutory requirements of the Health Education and science curriculum. It is your legal right to withdraw your child/ren from this lesson should you wish to. If you are considering this option, then we advise that you attend the workshop session to discuss your concerns and speak to your child's class teacher for the process of withdrawal.

We hope you, like us, will see the materials in Jigsaw as beneficial to our children, helping to safeguard them, and will look forward to sharing them with you and answering any questions you may have.

The Year 4 and PSHE Team

Piece 1 Unique Me	• understand that some of their personal characteristics have come from their birth parents and that this happens because they are made from the joining of their egg and sperm. • appreciate that they are a truly unique human being.
Piece 2 Having A Baby	• correctly label the internal and external parts of male and female bodies that are necessary for making a baby and explain in simple terms how this happens. • understand that having a baby is a personal choice and express how they feel about having children when they are adults. • **Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'** • **This is classified as a Sex Education lesson outside of the Statutory Health Education elements so the option is available to withdraw your child from this lesson should you choose to do so.**
Piece 3 Puberty and Menstruation	• describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. • have strategies to help them cope with the physical and emotional changes they will experience during puberty. • **Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.**
Piece 4 Circles of change	• 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	• identify changes that have been and may continue to be outside of my control that I learnt to accept
Piece 6 Looking ahead	• identify what I am looking forward to when I move to a new class