

Dear Parent/Carer,

As part of your child's education at Tudor Grange Samworth Academy, we promote personal wellbeing and development through our comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE gives children the knowledge, understanding and practical skills they need to live safe, healthy and confident lives.

During the second half of the summer term, Year 3 pupils will be learning a unit called Changing Me, which explores growing up, body changes and emotional wellbeing. Lessons help children understand how people and animals grow and change, and how these changes are part of a natural life cycle.

Children will learn that in mammals, it is the female who has the baby, and they will talk about how they feel when they see babies or baby animals. They will also begin to explore how boys' and girls' bodies change on the outside and inside as they grow, learning the correct scientific names for body parts such as *sperm*, *ovaries*, *egg*, *womb*, *vagina* and *period*. This learning is taught gently and factually, helping children understand that these changes are natural and happen at different times for everyone.

Pupils will also discuss keeping themselves clean and healthy as their bodies change, learning simple ways to maintain good hygiene and protect themselves from infection. Throughout the unit, teachers help children recognise and manage feelings about growing up, and know who they can talk to if they ever feel unsure or worried.

Relationships Education and Health Education are statutory for all primary pupils, so children cannot be withdrawn from this content. We do not teach beyond what is appropriate for Year 3, and teachers respond sensitively if pupils ask questions outside the planned learning.

If you would like to view the detailed teaching content or read our RSE policy, these can be found on our school website:

<https://www.samworth.tgacademy.org.uk/primary/curriculum/subjects/rshe/>

Please contact your child's class teacher via the school office if you have any questions or would like to discuss this unit further. We are always happy to talk through the curriculum with you.

Yours sincerely,

Mrs K Robertson

LKS2 and PSHE lead