

Uplands Junior School

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Head Teacher: Mrs S Webster-Smith

Tuesday 22nd June

To the parent/carers of Year 6

Growing Up and Changing Me

This term, as part of our school's Personal, Social, Health and Economic education (PSHE), children in year 6 will be having lessons on the theme of *Growing Up and Changing*. The programme is based on Jigsaw PSHE, the curriculum we follow in school, but is adapted to meet the needs of our pupils.

The programme covers topics to do with growing up and carefully introduces topics around body changes and hygiene in an age-appropriate manner. The topics we will cover in Year 6 are as follows:

	Focus	Learning objectives
Lesson 1	Self image	Children will consider their own self-image and body image, and identify ways they can develop their own self esteem.
Lesson 2	Puberty	Children will consider the physical and emotional changes associated with puberty and their feelings about these changes.
Lesson 3	Babies part 1	Children will learn that puberty happens in order that our bodies are ready to reproduce, and will learn how conception occurs.
Lesson 4	Babies part 2	Children will consider the emotional and physical needs of a baby, how having a baby changes your life, and will learn how babies are born.
Lesson 5	Respectful relationships	Children will learn that respect is an essential part of a loving and caring relationship and that no-one should feel pressured into doing something they don't want to.
Lesson 6	Real self/ideal self	Children will learn about the importance of positive self-esteem and strategies to develop it. They will identify strategies to challenge negative "self-talk".

In addition, girls will take part in a session with the school nurse covering menstruation and managing periods. You may find that your child starts asking questions about these topics at home, or you might want to take the opportunity to talk to your child about issues such as those above before the work is covered in school.

If you have any questions regarding the above topics, please contact the school.

Yours sincerely

Mrs A Walker
Deputy Headteacher

Ms F Gilbert (Year 6)
PSHE Lead

