

17th June 2025

Dear Parent/Carer,

Focus Week: PSHE Growing and Changing Unit

As part of our school's Personal, Social, Health and Economic education (PSHE) programme, all children across school will engage in a focus week of learning during which they will cover topics within a unit called 'Growing and Changing'. This will take place during the week commencing Monday 23rd June. Due to school trips and sports day, Year 5 pupils will continue this learning over the following week, commencing Monday 30th June.

This unit covers a range of topics within the statutory Relationships and Health Education curriculum requirements that the Government have instructed all schools to deliver. This includes personal hygiene, emotional wellbeing, healthy relationships, puberty and how our bodies change as we grow. All content is taught in a sensitive and age-appropriate way and will help children to make sense of physical and emotional changes and how to keep themselves healthy and safe.

Below is an overview of the lessons that your child will cover during this unit.

Unit: Growing and Changing			
Year 1	'Inside my wonderful body': Name and describe the functions of the major internal body parts.	'Then and Now': Identify the things they could do as a baby, a toddler and now and the people who help them.	'Who can help?': Differences between teasing and bullying and strategies to deal with each.
	'Surprises and Secrets': Difference between a secret and a nice surprise and who to talk to if a secret makes them uncomfortable.	'Keeping privates private': Identify body parts which are private including the correct terminology and describe ways in which private body parts can be kept private.	
Year 2	'Haven't you grown': Stages from baby to adulthood.	'My body, your body': Identify body parts using the correct terminology, including looking at the differences between boys' and girls' private body parts.	'Respecting privacy': Identify different types of privacy and explore the concept of consent.
Year 3	'Relationship tree': Identify different types of relationships; identify those who they have healthy relationships with.	'Body space': (<i>appropriate touch</i>)- understand the term body space; identify when it is appropriate and inappropriate to allow someone into their body space.	'Secret or surprise?': Explore the difference between a safe and unsafe secret.
Year 4	'My feelings are all over the place!': Understand how the onset of puberty can have an emotional and physical impact.	'All Change!': Identify differences between the male and female body. Use the correct terminology for	'My changing body': Understand that for girls periods are a normal part of puberty. Recognise that babies come



		genitalia. Know why puberty happens.	from the joining of an egg and sperm in all mammals.
	'Preparing for periods': Understanding the menstrual cycle. (Girls only).	'Secret or Surprise': Know the difference between a safe and unsafe secret.	'Together': Understand that marriage is a commitment to be entered into freely and not against someone's will; recognise that marriage includes same sex and opposite sex partners.
Year 5	'Preparing for periods': Understanding the menstrual cycle (girls only).	'Changing bodies and feelings': Know the correct words for external sexual organs; discuss some of the myths around puberty.	'Growing up and changing bodies': Identify some products they may need during puberty and why; know what menstruation is and why it happens.
	'Help I'm a teenager': Recognise how the body feels when experiencing different emotions, discussing resilience.	'Dear Ash': Explore the concept of safe and unsafe secrets.	'Taking notice of our feelings': Identify people who can be trusted and explore the concept of appropriate and inappropriate touch.
Year 6	'Changing bodies and feelings': Know the correct words for external sexual organs. We will be discussing what puberty is. Girls will be discussing what menstruation is, why it is happening and identifying the products they may need.	'Is this normal?': Discussing the physical and emotional changes associated with puberty. Squashing some myths about puberty and discussing strategies that would help someone who felt challenged by puberty.	'Making Babies': <u>Identifying how the body changes through puberty to allow sexual reproduction to occur. Know a variety of ways in which sperm can fertilise an egg to create a baby.</u>
	'Media manipulation': Explore the concept of stereotyping, including gender stereotypes; challenge stereotypical gender portrayals of people.		

The Year 6 unit includes one lesson (underlined in the table above) with some additional learning around conception, surrogacy, IVF, adoption, pregnancy and birth of a baby. Conception is taught in our school in Year 6 in addition to the statutory requirements, as we feel this is vital information that complements the rest of the learning within the unit. However, as per our school RSE policy, this additional non-statutory content means that parents have the right to withdraw their child from this session only if they wish to do so. If this is the case, please inform school via the main school office and a member of staff will arrange to speak with you regarding this.



All other topics for Year 6 and all topics for all other year groups that are covered within this unit of work are statutory and fall within the Relationships and Health Education curriculum. Therefore, parents do not have the right to withdraw their child from these sessions.

The Wolverhampton School Nursing Team will be supporting our Year 4, 5 and 6 staff in delivering the sessions around puberty during this week.

You may find that your child asks 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 concerns or questions regarding the above topics or would like to see the resources that will be used, please contact school.

Kind regards,

Mr L Fellows
Headteacher