



# St Mary's Catholic Primary School

Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth

18<sup>th</sup> May 2015

Dear Parents/Carers,

Last year you were all introduced to our PSHE scheme called 'Jigsaw' and you were invited to attend a meeting. This year we are sending a reminder of what is going to be covered in the unit 'Changing Me'.

In Year Six, there are four lessons that fall into the Sex and Relationship theme.

Lesson	What is being taught	When taught
Lesson 2 Body changes	Explain how girl's and boy's bodies change as they get older and understand the importance of looking after themselves physically and emotionally.  Express how they feel about the changes that happen.	Thurs 18 <sup>th</sup> June
Lesson 3 Girl Talk/Boy Talk	Ask questions that need answered about changes as they grow older.  Reflect on how they feel about asking questions and about the answers received.	Weds 25 <sup>th</sup> June
Lesson 4 Babies	Describe how a baby develops from birth through the nine months of pregnancy.  Recognise how they feel when they reflect on the development and birth of a baby.	Thurs 9 <sup>th</sup> July
Lesson 5 Attraction	Understand how being physically attracted to someone changes the nature of the relationship.  Express how they feel about the growing independence of becoming a teenager and how confident they are that they can cope with this.	Weds 15 <sup>th</sup> July

We remind you that these Jigsaw lessons are not compulsory and you are within your rights to withdraw your child.

If you have any questions about what is being covered, please do not hesitate to talk to your class teacher during parents' evening.

Mr Hedger

Mrs Armstrong

Jigsaw Leader

Headteacher



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