



# St Mary's Catholic Primary School

Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth

3<sup>rd</sup> July 2017

Dear Parents and Carers,

This is a reminder of what is going to be covered in the Jigsaw unit 'Changing Me'.

In Year Four, there are two lessons that fall into the Sex and Relationship theme.

Lesson	What is being taught	When taught
Lesson 2  Having a baby	Correctly label the internal and external parts of male and female bodies.  Understand that having a baby is a personal choice.	5 <sup>th</sup> July
Lesson 3  Girls and growing up.	Describe how a girl's body changes in order for her to be able to have babies when she is an adult.  Know that there are strategies to help cope with the physical and emotional change when they grow up.	6 <sup>th</sup> July

Lesson 2. L.I, To correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

S.C. I understand that having a baby is a personal choice and I can express how I feel about having children when I am an adult.

Lesson 3. L.I. to 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 is a natural part of this.

S.C. I have the strategies to help me cope with the physical and emotional changes I will experience during puberty.

We remind you that whilst these Jigsaw lessons are important they 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 arrange a time to discuss this with your class teacher.

Yours sincerely,

Mrs Hemsil  
Class Teacher

Miss Howard  
Class Teacher

