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As part of our school's Personal, Social, Health and Economic (PSHE) curriculum, children in Years 1 to 6 will be covering topics within a '**Changing Me**' education programme. The programme is based on current good practice and national guidance and is taught in an age-appropriate manner using our PSHE scheme 'Jigsaw.' Our curriculum coverage is designed to help children make sense of the physical and emotional changes that happen to them as they grow, as well as keeping them healthy and safe. The table below outlines some of the themes covered during the lessons.

Year 1	Boys' and girls' bodies; correct names for body parts
Year 2	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
Year 3	How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
Year 4	External reproductive body parts. Recap about puberty and menstruation.
Year 5	Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent.
Year 6	Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

You may find that your child starts asking questions about the topic 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.

More information about the school's policy regarding Relationship and Health education can be found on our website under the heading of '[School's Policies and Procedures](#)'. If you have any concerns or questions regarding the above topics or would like to see the resources that will be used, please contact the school. Otherwise, we will assume that you are happy for your child to receive the growing up and relationships lessons.