

Dear Parent/Carer,

Re: Year Three Sex, health and relationship education (RSE)

During Summer Term, we will complete our 'Changing Me' unit of work. This will be delivered as part of our on-going Personal, Social and Health education (PSHE), which is delivered throughout the school. As of September 2020, it is compulsory for all primary schools to deliver Health and Relationship Education. It has remained non-statutory to deliver Sex Education in primary schools, but compulsory to teach National Curriculum topics: 'Growing from birth to old age', and 'Reproduction in some plants and animals'. We feel that Sex Education has an essential role in keeping all of our children safe through ensuring that they are adequately prepared for the changes that their bodies will experience and are able to understand why these changes occur. Therefore, as a school, we teach age-appropriate content. If you would like to find out more about the statutory Health and Relationship Education content, please do not hesitate to speak to your child's teacher.

Year Three Content:

Your child will be engaging with the following learning:

Summer 1:

Weekly celebration	Pieces	Learning intention
Know how to make friends	Family roles and responsibilities	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.
Try to solve friendship problems when they occur	Friendship	I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener.
Help others to feel part of a group	Keeping myself safe online	I know and can use some strategies for keeping myself safe online.
Show respect in how they treat others	Being a Global Citizen	I can explain how some of the actions and work of people around the world help and influence my life.
Know how to help themselves and others when they feel upset or hurt	Being a Global Citizen	I understand how my needs and rights are shared by children around the world and can identify how our lives may be difficult.
Know and show what makes a good relationship	Celebrating my web of relationships	I know how to express my appreciation to friends and family.

Summer 2:

Understand that everyone is unique and special	How babies grow	I understand that in animals and humans lots of changes happen when growing up. I understand that it is usually the female who has the baby.
Express how they feel when change happens	Babies	I understand that babies grow in a mother's womb. I understand what a baby needs to live and grow.
Understand and respect the changes that they see in themselves	Changing me	I can recognise the physical differences between boys and girls, use the correct names for parts of the body- penis, anus, testicles, vagina. I understand that parts of my body are private.
Understanding actions	Assertiveness	I understand my actions affect others and try to see things from their points of view.
Know who to ask for help if they are worried about change	Family stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles.
Looking forward to change	Looking ahead	Identify what I am looking forward to when I move to my next class.

Our 'Changing me' unit of work is based on the Jigsaw PSHE and RSE Scheme of work. We have carefully chosen the resources we use to support our teaching to ensure they are appropriate to the age and needs of the children.

Your child will also be taught some new vocabulary in a sensitive and caring way that will give them opportunities to ask further questions. These can either be discussed as a class, privately or passed on to you as a parent should you so wish.

If you would like more information regarding the lessons and what will be covered, please email your child's class teacher. In other circumstances, we would welcome you into our classroom to discuss but this unfortunately cannot be done at this time. If you would prefer a verbal discussion, then please contact your class teacher to arrange a phone call. If we do not hear from you, it will be assumed that you have read, understood and consented to the above RSE lessons.

Yours faithfully,

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