



Dear Parents and Carers,

At Brampton Primary, every week, each class is taught a PSHE (Personal, Social and Health Education) lesson. The PSHE lessons are based on the Jigsaw scheme of work and adapted for the children here at Brampton. There is a different topic each half term. In Summer 2, all of the classes from Reception to Year 6 will be looking at the topic: **Changing Me**.

Parents and carers are given information about these lessons so that they can:

1. talk to their child at home about the learning that has taken place in school and
2. seek further information from the school if they have any questions around the content of the activities.

These are the objectives being covered in Year 4 in Summer 2:

PSHE and Citizenship Objectives	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> • I understand that some of my personal characteristics have come from my birth parents. • I know how the circle of change works and can apply it to changes I want to make in my life. • I can identify changes that have been, and may continue to be, outside of my control that I learnt to accept. • I can identify what I am looking forward to when I am in Year 5. 	<p>Week 1 This week we are celebrating people who understand that everyone is unique and special.</p> <p>Week 2 This week we are celebrating people who can express how they feel when change happens.</p> <p>Week 3 This week we are celebrating people who understand and respect the changes that they see in themselves.</p>
<p style="text-align: center;">Emotional Literacy and Social Skills</p> <ul style="list-style-type: none"> • I appreciate that I am a truly unique human being. • I am confident enough to try to make changes when I think they will benefit me. • I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. • I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this. 	<p>Week 4 This week we are celebrating people who understand and respect the changes that they see in others.</p> <p>Week 5 This week we are celebrating people who know who to ask for help if they are worried about change.</p> <p>Week 6 This week we are celebrating people who are looking forward to change.</p>

The book *Moving House* by Anna Civardi and Stephen Cartwright will be read during the topic to talk about changes that occur in our lives.

If you would like any further information or would like to discuss these objectives in more detail, please do not hesitate to speak to your class teacher or to me.

Kind regards,

Mrs Marie Hardie
Deputy Head Teacher

