



Tuesday 6<sup>th</sup> June 2023

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. This half term, 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 5 this half term:

PSHE and Citizenship Objectives	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> <li>I am aware of my own self-image and how my body image fits into that.</li> <li><i>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.*</i></li> <li><i>I can describe how boys' and girls' bodies change during puberty.*</i></li> <li>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.</li> <li>I can identify what I am looking forward to when I am in Year 6.</li> </ul>	<p><b>Week 1</b> This week we are celebrating people who understand that everyone is unique and special.</p> <p><b>Week 2</b> This week we are celebrating people who can express how they feel when change happens.</p> <p><b>Week 3</b> This week we are celebrating people who understand and respect the changes that they see in themselves.</p>
<p><b>Emotional Literacy and Social Skills</b></p>	
<ul style="list-style-type: none"> <li>I know how to develop my own self esteem.</li> <li><i>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.*</i></li> <li><i>I can express how I feel about the changes that will happen to me during puberty*.</i></li> <li>I am confident that I can cope with the changes that growing up will bring.</li> <li>I can start to think about changes I will make when I am in Year 6 and know how to go about this.</li> </ul>	<p><b>Week 4</b> This week we are celebrating people who understand and respect the changes that they see in others.</p> <p><b>Week 5</b> This week we are celebrating people who know who to ask for help if they are worried about change.</p> <p><b>Week 6</b> This week we are celebrating people who are looking forward to change.</p>

*\*These learning intentions will be met in the Y5 puberty talks delivered by SLT later in the term. If you would like to see the lesson resources, please attend the parent presentation on Friday 16<sup>th</sup> June at 9.15am (and repeated at 4pm), being held in the parents' room next to the main office. If this date and time is not convenient, do let me know.*

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**