



Building Personal Success



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Mrs P Kettory
Headteacher

Wednesday 4th June 2024

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 1 in Summer 2:

PSHE and Citizenship Objectives	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> I am starting to understand the life cycles of animals and humans. I can tell you some things about me that have changed and some things about me that have stayed the same. I can tell you how my body has changed since I was a baby. I can name the parts of the body that make boys and girls different. I understand that every time I learn something new I change a little bit. I can tell you about changes that have happened in my life. 	<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>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>
Emotional Literacy and Social Skills	
<ul style="list-style-type: none"> I understand that changes happen as we grow and that this is OK. I know that changes are OK and that sometimes they will happen whether I want them to or not. I understand that growing up is natural and that everybody grows at different rates. I respect my body and understand which parts are private. I enjoy learning new things. I know some ways to cope with changes. 	

In Week 4, the teachers will explain to the children that boys and girls have different private parts and that the technical words for these parts are a vulva for girls and a penis for boys. No visual images will be used. The teachers will explain that our families may have family names for these parts, and that is okay, but it is important to know the technical words too. The teachers will explain that it is not appropriate to talk about our private parts in the playground etc. but if we want to ask a question, we can ask our parents or carers or ask a trusted adult at school.

The story: *Moving Molly* by Shirley Hughes will be read to the children in Week 6.

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

Kind regards,

Mrs Marie Hardie
Deputy Head Teacher

