

Thursday 22nd May 2025

PSHE UPDATE: Changing Me unit Summer 2

Dear Parents/Carers,

As part of our PSHE curriculum, we have a statutory responsibility to educate our children about themselves and how their bodies change. During this summer term, from Nursery to Year 6, some of our PSHE lessons will be focused on these topics.

Below is breakdown of some of the lessons within the Changing Me unit, which covers puberty and some elements of Sex Education.

Year groups	Lesson content	Parent information
Nursery & Reception	Some of the lessons will include: understanding that we all grow from babies to adults, foods to eat to stay healthy and naming body parts.	This is not sex education and parents cannot opt out.
Year 1 - 3	Some of the lessons will include naming body parts including private parts. As well as awareness around keeping themselves safe.	This is not sex education and parents cannot opt out.
Year 4	Outside body changes, inside body changes.	This is not sex education and parents cannot opt out.
Year 5	Lesson 2- How girl's bodies change during puberty. Lesson 3- How boys change during puberty. Lesson 4- Conception, fertility treatment IVF. Understand that sexual intercourse can lead to conception and this is how babies are made. (Non-statutory)	If parents wish to opt out of the non-statutory lessons, they will need to write a letter to the head teacher. Please remember that the science curriculum, which covers mammals and their babies, including humans, is statutory and parents cannot opt out.
Year 6	Lesson 2- Boys and girls body changes during puberty. Looking after myself physically and emotionally. Lesson 3- How a baby develops from conception to birth. (Non-statutory)	

Health Education: Puberty

During our consultation with parents, a decision was made to move some of the Year 3 lessons on body changes and puberty into Year 4. We have listened to our parent's views and agreed that topics around puberty would be best taught from Year 4.

From Year 4-6 as children become more aware of their bodies, teachers will consider teaching some lesson to boys and girls separately, particularly when there will be issues aimed specifically at themselves, e.g. puberty including male and female body parts.

We will be holding an annual parent workshop on the delivery of the 'Changing Me' units of work on

Wednesday 4th June 2025 2-3pm, which we would like you to attend. This workshop is for any interested parents from Nursery to Y6 and will share the content that will be covered and the teaching approach taken.

I look forward to seeing you there.

Kind regards,



Nicky Ross
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NSCT Leader of Primary Education