

Thursday 6th June 2024

Dear Parents and Carers,

Year 3 PSHE

I am writing to you to let you know that this term, Year 3 will be teaching their 'changing me' unit. Children will begin to think about changes their body may go through. They will also understand babies grow and develop in a mothers uterus.

All materials have been carefully selected and all staff have received training to ensure this is delivered in a factual and age appropriate way. As part of the sessions, children will have the opportunity to ask questions or voice any concerns using an 'ask it basket'.

Below is an outline of the lessons being covered this half term. If you wish to view any of the materials being used in the lessons please contact me via the school office and I will be able to arrange a time to show you the resources.

- I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby.
- I understand how babies grow and develop in the mother's uterus and I understand what a baby needs to live and grow.
- I understand how my body might change as I grow and develop.
- I can celebrate everybody's physical uniqueness.
- I know how to keep my body clean and hygienic.
- I can start to recognise stereotypical ideas I might have about parenting and family roles.
- I can identify what I am looking forward to when I move to my next class.
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Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues arise. Your child needs to know that it is OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk, so try to communicate as you would in any other topic of conversation.

Below are some simple strategies to make talking about feelings, relationships and the body



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more comfortable:

- Start by talking about something you both find comfortable, such as feelings and emotions
- Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly
- Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- Reading a story book containing relevant content is a helpful way to stimulate discussion with your child
- Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness
- Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future
- If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- Try to listen calmly, even if what they say surprises you or concerns you. Remember that it is good that they are comfortable enough to discuss issues with you. They need to trust that you will not respond negatively

Make sure your child knows they can talk to you anytime about anything.

I thank you in anticipation of your support.

Yours sincerely,

Miss Lee

PSHE/RSE Lead



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