



15<sup>th</sup> May 2025

Dear Parents / Carers,

As part of our Learning for Life education (previously PSHE) the Term 6 topic every year is 'Changing Me'. Each year group will cover a different range of **age-appropriate learning** about coping positively with change.

**Statutory teaching about how and why our body changes as we grow during our Learning for Life lessons is one way in which schools approach the safeguarding of children.** This knowledge has been statutory in Primary schools since September 2020 to empower children with the right information to understand the changes that are happening to their bodies (inside and outside), and help them to make healthy, informed decisions throughout their lives. This includes correctly naming some private body parts from Year 1 onwards as the correct terminology is crucial for children to understand and feel confident about their bodies. It also gives children the correct language to accurately voice any safeguarding concerns. The content for your child's year group is detailed below.

### **Term 6 'Changing Me' teaching and learning in Year 3**

This Puzzle begins with an exploration about babies and what they need to grow and develop including parenting. Children learn that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when they grow up. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly, and they can pass out of the body as a period. Sexual intercourse and the birth of the baby are **NOT** taught in year 3. Children discuss how they feel about puberty and growing up, and there are opportunities for them to seek reassurance if anything is worrying them.

All lessons are taught using simple, child friendly language and pictures, which help children understand the changes more effectively. In some KS2 year groups, some lessons may be taught separately to boys and girls to ensure all children are comfortable and that they fully engage with the lesson. Any images used have been sensitively chosen in response to previous parent consultations. Some content is also included as part of the statutory science curriculum. The Department for Education guidance states : At key stages 1 and 2, the National Curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.



## E-ACT Bannerman Road

Community Academy

You are unable to withdraw your child from any teaching that falls within the **statutory science curriculum or statutory relationships and health education**. At BRCA, the content in all lessons from Year 1 to Year 4 is statutory as sex education is not taught in these year groups. However, you have the right to withdraw your child from the non-statutory elements of sex education, which is understanding *how* human reproduction happens. At BRCA, this applies to one lesson in Year 5 and one lesson in Year 6.

If you have any further questions, we would like to invite you to a **drop in session on Thursday 22<sup>nd</sup> May between 9am and 10am.**

Alternatively, please email [katie.stienlet@brc.e-act.org.uk](mailto:katie.stienlet@brc.e-act.org.uk) for further information or speak to your child's teacher.

Kind regards,

Katie Stienlet  
Reception Teacher and Learning for Life Lead