

**BOLTON METROPOLITAN BOROUGH
ST MARY'S CE PRIMARY SCHOOL DEANE**

Email: office@st-marys-deane.bolton.sch.uk

Website: www.st-marys-deane.bolton.sch.uk



Headteacher

Mr Ross Powell BSc (Hons), PGCE, NPQH

Tel: 01204 333494

Edale Road

Deane

Bolton

BL3 4QP

Tuesday 18th June 2025

RE: CHANGING ME PSHE UNIT

Dear Parents/Carers,

We will be beginning our Changing Me topic in PSHE as part of our Relationships and Sex Education. Please see below for an overview and sequence of learning in this unit of work.

Overview

Children are introduced to changes that happen in animals and humans from birth to fully grown. Children learn that it is usually the female who has the baby. Children learn that babies grow and develop in the mother's uterus and they develop an understanding of what a baby needs to live and grow. Children understand that boys' and girls' bodies need to change. They also identify how they change, but only outside bodily changes are discussed. Children learn that this is part of growing up. Children also identify trusted adults they can approach regarding the concerns they may have about growing up. Children learn to recognise stereotypical ideas regarding parenting and family roles. They end the unit by identifying the things they are looking forward to when moving to their next class.

Sequence of learning

Lesson 1 - I understand that in animals and humans lots of changes happen from birth to fully grown.
Vocabulary: male, female, changes, birth, animals, babies, mother, growing up.

Lesson 2 - I understand how babies grow and develop in the mother's uterus.
Vocabulary: baby, grow, uterus, womb, nutrients, survive, love, affection, care

Lesson 3 - I understand that boys' and girls' bodies need to change. I can identify how boys' and girls' bodies change on the outside during this growing up process (this lesson does **not** cover puberty).
Vocabulary: change, control, breasts, facial hair, underarm hair, pubic hair, penis

Lesson 4 – I can name a trusted adult that I can speak to if I am worried about how my body is changing.
Vocabulary: change, worries, emotions, body change, trust, adult

Lesson 5 - I can start to recognise stereotypical ideas I might have about parenting and family roles.
Vocabulary: stereotypes, task, roles, challenge

Lesson 6 - I can identify what I am looking forward to when I move to my next class.
Vocabulary: change, looking forward, excited, nervous, anxious, happy

**BOLTON METROPOLITAN BOROUGH
ST MARY'S CE PRIMARY SCHOOL DEANE**

Email: office@st-marys-deane.bolton.sch.uk

Website: www.st-marys-deane.bolton.sch.uk



Headteacher

Mr Ross Powell BSc (Hons), PGCE, NPQH

Tel: 01204 333494

Edale Road

Deane

Bolton

BL3 4QP

The 'Changing Me' unit includes a mix of: **Statutory Content (Health and Relationships Education)**, which all pupils are required to take part in, and **Non-statutory Content (Sex Education)**, which parents/carers have the **right to withdraw** their child from.

In Year 3, only lesson 2 is non-statutory. These lessons are age-appropriate and delivered with sensitivity by staff. However, parents and carers have the **right to request that their child be withdrawn from these non-statutory elements.**

If you DO NOT wish for your child to participate in the non-statutory lessons, please contact Mrs Walker either in writing or via email at office@st-marys-deane.bolton.sch.uk by Thursday 26th June 2025, stating which lessons you wish your child to be withdrawn from and the reasons why. If you wish to view any of the lesson resources used in the teaching of this unit of work, please contact your child's class teacher.

We encourage you to discuss this topic with your child at home, as your support plays a crucial role in their understanding of these important life topics.

Thank you for your continued support.

Yours sincerely,



Ross Powell
Headteacher