

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

*Email: [office@st-marys-deane.bolton.sch.uk](mailto:office@st-marys-deane.bolton.sch.uk)  
Website: [www.st-marys-deane.bolton.sch.uk](http://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 18<sup>th</sup> 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**

Pupils learn to understand that some of their personal characteristics have come from their birth parents. They learn that there are responsibilities that come with parenthood and the joy that it can bring. They consider who has influenced their lives and what might influence the lives of other people. Children describe the changes a girl experiences to be able to have a baby when she is older. Children only cover outside bodily changes in girls; for example, girls develop wider hips and breasts. Children begin to understand the circle of change and apply it to changes they want to make in their lives. Children identify changes that have been and may continue to be out of their control, and they learn to accept it. Lastly, children identify what they are looking forward to when moving to their next class.

**Sequence of learning**

Lesson 1 - I understand that some of my personal characteristics have come from my birth parents.

Vocabulary: personal, unique, characteristics, parents, gene

Lesson 2 - I understand what responsibilities there are in parenthood and the joy it can bring. I can consider what has influenced my life and what might influence the lives of other people.

Vocabulary: feelings, responsibilities, carers, characteristics, language, mannerisms, influence

Lesson 3 - I can describe how boys' and girls' bodies change, and how girls' bodies change in order for her to be able to have babies when she is an adult.

Vocabulary: change, worries, emotions, body change, preparations, pubic hair, testicles, penis, breasts, hips,

Lesson 4 - I know how the circle of change works and can apply it to changes I want to make in my life.

Vocabulary: circle, seasons, change, control

Lesson 5 - I can identify changes that have been and may continue to be outside of my control that I learnt to accept.

Vocabulary: range of emotions, control, change, acceptance

Lesson 6 - I can identify what I am looking forward to when I move to a new class.

Vocabulary: change, looking forward, excited, nervous, anxious, happy

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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 4, only lessons 1, 2 and 4 are 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](mailto:office@st-marys-deane.bolton.sch.uk) by Thursday 26<sup>th</sup> 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