

Headteacher: Mrs Helen Lammin (BSc Hons QTS)

12th May 2025

Dear Parents/Carers,

RE: Jigsaw and 'Changing Me' in Year R

As you are aware, we deliver our Personal, Social and Health Education (PSHE) learning using a scheme of work called Jigsaw. In the summer term, the children complete a unit called 'Changing Me' - with a focus on growing up, relationships and sexual development.

Please see the table attached to this letter to show how this will be approached in this year group.

We appreciate that it may take some time to reflect on how best to prepare your child. We will begin this unit week beginning 2nd June. This gives you the option to contact your child's class teacher over the next two weeks to talk about how your child would best fit into the sessions, and if you feel they need any greater support.

As there are no Sexual Education lessons within the Relationship & Sexual Education curriculum for Reception, you are not able to withdraw your child from any sessions. If you would like to discuss this further with a senior member of staff, then please do contact the school office prior to the week beginning 2nd June 2025.

Thank you for again for working with us to ensure we get our provision right.

Yours sincerely



Mrs Helen Lammin and
Headteacher

Miss Carla Burrows
PSHE Lead

Year R 'Changing Me' lessons and organisation.

Lesson Objectives	Overview of Activities completed	How the children will be organised
<p>1. <u>My Body</u></p> <p>I can name parts of the body.</p>	<p>The teacher will start by drawing around a child on a piece of paper. The teacher will then ask children which parts of the body can they name – e.g. eye, ear, nose, mouth, knee, finger, foot, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand, leg. These will then be labelled on the drawing.</p> <p>A brief discussion about what each part does and why this is important will then be had.</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>
<p>2. <u>Respecting My Body</u></p> <p>I can tell you some of the things I can do and foods I can eat to be healthy</p>	<p>Teacher will bring in two separate containers and a large selection of objects/pictures of foods, activities. The children will be asked to sort them according to what is healthy and not so healthy for our bodies.</p> <p>Children will then consider: what do we need to do to keep our body healthy and happy? Look through the pictures/objects and discuss how they were sorted. Can we tell another child how to be healthy?</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>
<p>3. <u>Growing up</u></p> <p>I understand that we all grow from babies to adults.</p>	<p>The children will talk about how they have already changed from being a baby to now. They will talk about visible features as well as abilities.</p> <p>Then the teacher will show the children the picture cards of different stages in life and place these in the correct order.</p> <p>The children will then consider: How will we change as we grow up? What will be able to do that we can't do now?</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>
<p>4. <u>Fun and Fears Part 1</u></p> <p>I can express how I feel about moving to Year 1.</p>	<p>To begin with, the children will stand up and be asked to move around the room in a happy way, then a sad way etc. They will think about moving around the room in the way you would for different emotions.</p> <p>The teacher will then read the children the book 'A Huge Bag of Worries' by Virginia Ironside. Explain that this person in the book might have some emotions like they just acted out.</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>

	<p>Teachers will explain to the children that they will soon be moving to a new class and they may be feeling some of the emotions shown in the book. The best thing to do with a worry is to share it.</p> <p>Children will be given the opportunity to think about: What are you excited about moving up to Year 1? Are you nervous about anything? Are you scared about anything?</p>	
<p><u>5. Fun and Fears Part 2</u></p> <p>I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.</p>	<p>Children will sit in a circle. The teacher will have a cuddly toy and explain to the class that this cuddly toy is feeling nervous about going to Year 1. Is there any way the children can cheer the cuddly toy up? Is there anything exciting about going to Year 1 that they can tell him about?</p> <p>The teacher will ask the children again about some of the things they are excited about or worried about when they go to Year 1? As a group we will talk about some of the fears/worries they may have and how to overcome them.</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>
<p><u>6. Celebration</u></p> <p>I can share my memories of the best bits of this year in Reception.</p>	<p>The children will sit in a circle, including all the children and adults. The teacher will ask the children to think about all the things we have achieved this year. What has been their favourite thing this year? Grown-ups will then share their favourite memory from the past year.</p> <p>The children will be shown a special box and the adults favourite memories are inside. We will explain to them that this is a special box that holds all the wonderful memories of the last year. The children will pass the box round the circle and the children can volunteer to talk about their favourite thing of the last year and put it in the box too.</p> <p>Key Questions will be: What has been your favourite thing this year? What have we achieved this year? What have you learnt to do?</p>	<p>10minute whole class activity through circle time.</p> <p>Adult support in class as necessary.</p>