

13 March 2023

ASt/Apr

Dear Parents/Carers of Year 4

You will be aware that, as a part of your child's educational experience at King's Oak Academy, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education that gives our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

At King's Oak Academy we teach pupils this through the JIGSAW curriculum. During Terms 5 and 6 we will be covering a range of Relationships and Sex Education (RSE) topics with the pupils as required by the curriculum. This letter is to inform you of the areas that your child's year group will be covering and the day/s of the week these are expected to be taught. The intent is to allow you the opportunity to discuss these areas with your child prior to their learning if you wish and/or to prepare you for any questions that your child may come home with about topics discussed that day.

You have the right as a parent to withdraw your child from sex education teaching that is outside of the science curriculum. These are **highlighted** in the information below. If you wish to withdraw your child from elements of the RSE curriculum, please contact your class teacher.

Enclosed is a copy of your child's lesson titles and learning intentions that will be covered in Jigsaw lessons during Terms 5 and 6 on Monday's.

If you have any questions or concerns at any point, please contact the teaching team, Miss Southcott or Miss Cerepanova.

Thank you for your continued support.

Kind Regards



Miss Southcott
Class Teacher



Miss Cerepanova
Head of Lower School

WORK HARD, BE KIND

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Your child's year group will be doing these lessons on a Monday.

Relationships education:

Lesson title	PSHE Learning intention	Social and emotional development learning intention
Friendship	I can identify and put into practice some of the skills of friendship.	I know how to negotiate in conflict situations to try to find a win-win situation.
Keeping myself safe online	I know and can use some strategies for keeping myself safe online.	I know who to ask for help if I am worried or concerned about anything online.
Jealousy	I can recognise situations which can cause jealousy in relationships.	I can identify feelings associated with jealousy and suggest strategies to problem solve when this happens.
Love and loss	I can identify someone I love and can express why they are special to me.	I know how most people feel when they lose something or someone they love.
Memories	I can tell you about someone I know that I no longer see.	I understand that we can remember people, even if we no longer see them.
Getting on and falling out	I can recognise how friendships change, how to make new friends and how to manage when I fall out with my friends.	I know how to stand up for myself and how to negotiate and compromise.
Girlfriends and boyfriends	I understand what having a girlfriend/boyfriend means and that it is a special relationship for when I am older.	I understand that girlfriend/boyfriend relationships are personal and special and there is no need to feel pressured into having a girlfriend/boyfriend.
Celebrating my relationships with people and animals	I know how to show love and appreciation to the people and animals that are special to me.	I can love and be loved.

Changing Me:

Lesson title	PSHE Learning intention	Social and emotional development learning intention
How babies grow	I understand that in animals and humans, lots of changes happen between conception and growing up and that usually it is the female that has the baby.	I can express how I feel when I see babies or baby animals.

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Babies	I understand how babies grow and develop in their mother's uterus. I understand what a baby needs to live and grow.	I can express how I might feel if I had a new baby in my family.
Outside body changes	I understand that boys' and girls' bodies need to change so that when they grow up, their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process.	I recognise how I feel about these changes happening to me and know how to cope with those feelings.
Inside body changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.	I recognise how I feel about these changes happening to me and know how to cope with those feelings.
Family stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles.	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.
Unique me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
Having a baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.
Girls and puberty	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this.	I have strategies to help me cope with the physical and emotional changes I will experience during puberty.
Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life.	I am confident enough to try to make changes when I think they will benefit me.
Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept.	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
Looking ahead	I can identify what I am looking forward to when I move to a new class.	I can reflect on the changes I would like to make next year and can describe how to go about this.

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