

PARKSIDE COMMUNITY FOUNDATION PRIMARY SCHOOL

Part of the Garlinge and Parkside Primary Schools and Nurseries Federation

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Tuesday 19th May 2026

Dear Parents and Carers,

In Term 6, our JIGSAW topic is called 'Changing Me' where in Year 6 the children in Year 6 will be taught and learn about the following areas:

My Self Image

- I am aware of my own self-image and how my body image fits into that
- I know how to develop my own self esteem

Puberty

- I can explain how a girl's and boys' bodies changes during puberty and understand the importance of looking after yourself physically and emotionally
- I can express how I feel about the changes that will happen to me during puberty

Girl Talk/Boy Talk

- I can ask the questions I need answered about changes during puberty
- I can reflect on how I feel about asking the questions and about the answers I receive

Babies – Conception to Birth

- *I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born*
- *I recognise how I feel when I reflect on the development and birth of a baby*

. Attraction

- I understand how being physically attracted to someone changes the nature of a relationship
- I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this

Prior to the teaching of Piece 4 – Conception to Birth (*in italics above*), it is important to be aware of your right to withdraw your child/children from this lesson which will take place week commencing 22nd June 2026. If you are considering withdrawing your child/children from this lesson, please speak to myself or contact the school office.

If you have any questions about the teaching of the 'Changing Me' JIGSAW topic, please do not hesitate to contact me.

Yours Sincerely,

Charlotte Groombridge
Class Teacher

