



Barnsole Primary School

**Barnsole Road
Gillingham
Kent
ME7 2JG**

Tel: 01634 333400

**Email: Office@barnsole-maritime.org
www.barnsoleprimary.medway.sch.uk**

**Executive Headteacher – Mr D Marsh
Headteacher – Mr J Smales**

Friday 5th June 2026

Dear Parents and Carers,

Re: Personal Social Health & Economic Education (PSHE) – ‘Changing Me’ Topic for Years 1 to 6

The aim of the PSHE 'Changing Me' unit is to encourage children to reflect on how they have already changed, explore changes that may happen in the future, and develop positive strategies for managing change. Throughout the unit, children will learn about topics such as personal growth, body changes, emotional wellbeing, healthy relationships and keeping themselves safe. As children move through the school, this learning develops progressively, with older pupils receiving age-appropriate information about puberty and, in Year 6, the human life cycle, conception, pregnancy and birth.

We believe that providing children with accurate, factual information in a safe and supportive environment helps them develop a healthy understanding of themselves and others, while reducing the likelihood that they will seek information from unreliable sources.

We understand that these topics can be sensitive and may prompt discussions or questions at home. To support families, we warmly invite you to attend one of the Parent Meetings in school, where your child's teachers will outline the content that will be covered in that year group and provide an opportunity for you to ask any questions you may have.

The parent consultations will take place as follows:

Year Group	Date of consultation	Time	Location
Year 1	Monday 8th June	3:20pm	Year 1 Mercury Classroom
Year 2	Thursday 11th June	3:20pm	Year 2 Neptune Classroom
Year 3	Tuesday 9th June	3:30pm	Year 3 Oberon Classroom
Year 4	Monday 15th June	3:30pm	Year 4 Icarus Classroom
Year 5	Friday 12th June	3:30pm	Year 4 Icarus Classroom

Year 6	Wednesday 10th June	3:30pm	Year 3 Oberon Classroom
--------	---------------------	--------	-------------------------

Please see below a summary of what each year group will be learning and some of the key vocabulary children will encounter:

Year Group Overview – ‘Changing Me’		
Year Group	Key Focus Areas	Example Vocabulary
Year 1	Life cycles, growing up, naming body parts, managing feelings about change.	Life cycle, baby, adult, vagina, penis, private, change, feelings
Year 2	Understanding ageing, independence, private parts, acceptable/unacceptable touch.	Toddler, teenager, independent, respect, public, private, uncomfortable
Year 3	How babies grow, family roles, feelings about change.	Baby, grow, uterus, womb, nutrients, survive, love, affection, care
Year 4	Introduction to puberty, body changes, managing emotions, hygiene.	Puberty, menstruation, hormones, body changes, hygiene, emotions, genes
Year 5	Self-image, relationships, puberty and reproduction, emotional wellbeing.	Self-esteem, confidence, relationships, puberty, emotions, responsibility, wellbeing
Year 6	Transition to secondary, detailed puberty education, relationships, responsibilities.	Consent, conception, intercourse, sperm, ovum, fertilisation, foetus, pregnancy, birth, hormones

Yours sincerely,



Mr J Smales
Headteacher

