



20/5/2026

Dear Parents,

During the weeks following half term, in PSHE, we will be studying our Changing Me unit of work. In this unit we will be covering puberty in both boys and girls (a recap from Year 5), conception and birth.

There will be many opportunities for pupils to ask questions in school during the unit. They may also wish to discuss their learning with you at home.

The unit contains the following topics:

- **My Self Image** – I am aware of my own self-image and how my body image fits into that
- **Puberty** - I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally
- **Conception to birth** - I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- **Boyfriends/girlfriends** - I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.
- **Real self and Ideal self** - I am aware of the importance of a positive self-esteem and what I can do to develop it
- **The Year Ahead** - I can identify what I am looking forward to and what worries me about the transition to secondary school.

As a class we will be looking at images of the body as it develops and watching some short clips followed by discussions.

If you wish to withdraw your child from these sessions (from the conception session) please speak to your child's teacher and inform the school in writing. Our Relationship policy is available on our school website if you would like more information about the section of the Year 6 curriculum that can be within from.

Parents and carers are invited to attend a meeting in the school hall at 2.30pm on Tuesday 2nd June to view lesson content and ask any questions.

If you require any further information, please contact the year 6 team via the following email: year6@meonjuniorschool.org.uk

Yours sincerely

Year 6 Teachers

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meonwayfederation.org.uk

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