

Holy Trinity Church of England Junior School

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**Exemplary education for all, through God's amazing grace
Learning, Integrity, Dignity, Love, Confidence.**

Learning together, as we journey with God in Love, we act with Integrity, treat others with Dignity and grow in Confidence.

May 2026

Dear Year 3 Parents/Carers,

Next half term in RHE (Relationship and Health Education), we will be looking at the topic called 'Changing Me'.

This topic looks at how humans and animals change, as they get older. The lesson outlines are explained below. The main scientific word that we will be focusing on is 'womb'.

How we develop from babies into adults

This lesson will focus on key milestone e.g. talking, walking, learning, driving a car etc.

How babies grow

This lesson will focus on the fact that women usually carry the baby in their womb and what a baby needs to live and grow inside the body.

Outside body changes

This lesson will focus on knowing that as we get older our bodies will change. This will be kept very general and any deeper questions will be directed back to parents at this stage.

NSPCC Pants Rule

This lesson will focus on the children understanding that their private parts are private and this includes anything under your underwear. It is a lesson directly from the NSPCC and age appropriate.

Family stereotypes

This lesson will focus on the roles of each person in a family and we will discuss that there are a range of scenarios for a family and challenge any stereotypes that arise from discussion.

Looking ahead to next year

This lesson will reflect on their time in year 3 and help to prepare and support the transition to year 4.

All of the content will be scientific and in lessons, any discussion will remain strictly within the limits of the curriculum content stated above. Any questions children have that are not related to those objectives will be referred back to parents.

If you have any further questions about this, please contact your child's class teacher.

Yours faithfully,

Year 3 Team



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