

Dear Parent/ Guardian,

We would like to inform you of a new unit of work that is being introduced to year 8 this year in science as part of the new school curriculum. The unit is called 'Growing and Changing', and includes the following topics:

| Title in unit | Title in English | Summary of page content |
|----------------------------------|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rheolau'r uned | Unit rules | We encourage the pupils to approach this unit empathetically and politely with the understanding that some pupils may feel shy about this unit – and that's Ok. |
| Geiriau profion sillafu | Spelling tests | Lists for the unit's spelling tests which helps the pupils practise key vocabulary. |
| Beth yw'r glasoed? | What is puberty | It provides an overview of puberty and the average age ranges in which it occurs. There is an emphasis on remembering that everybody develops differently. |
| Aroglau newydd | New smells | A discussion is had around maintaining personal hygiene. Information is also provided. |
| Gwallt ymhobman | Hair everywhere | Pupils understand how both biological sexes differ in the hair growth pattern. Tips are given on shaving. |
| Plorod | Spots | In the style of an 'agony aunt column', the pupils learn about what causes spots and how best to treat them. |
| Sut fydd corff bachgen yn newid? | How will boy's bodies change? | Pupils label changes to the biological male body brought on by puberty. |
| Sut fydd corff merch yn newid? | How will a girls's body change? | Pupils label changes to the biological female body brought on by puberty. |
| Y system atgenhedlu | The reproductive system | Pupils learn that a body system is a collection of organs. The pupils label the anatomy of the male and female reproductive system. |
| Glasoed i'r bechgyn/merched | Puberty for males/ females | Pupils learn about body changes that occur during puberty to biological males and to biological females in a scientific and factual manner. |
| Beth sy'n achosi'r glasoed? | What causes puberty? | Pupils learn that a body system is a collection of organs. The pupils learn the location of the organs in the endocrine system and understand the importance of hormones. |
| Celloedd rhyw | Sex cells | Cells and specialised cells have traditionally been taught in year 7. Here we explore the adaptation of the sperm and egg cells to their function. |
| Sut mae babi'n cael ei wneud? | How are babies made? | Pupils learn where the sperm and egg cells are produced. They also learn about the function of the different parts of the reproductive system. |
| Atgenhedlu | Reproduction | Pupils learn how the sperm and egg meet and the definition of fertilisation. |
| Perthnasoedd a chaniatad | Relationships and consent | While discussing different scenarios, pupils develop an understanding of a good and bad relationship. They are informed of the legal age of sex. They also develop an understanding of the importance of self-respect, waiting, being ready, and being able to say 'no'. |
| Cael babi | Having a baby | Pupils discuss in order of importance, the different reasons adults may choose to have a baby. They then gain some insight into ante-natal care. |
| Dechrau bywyd newydd | Starting a new life | Pupils gain an understanding of how babies grow in-utero. |
| Bywyd fel babi | Life as a baby | Pupils discuss the difference in the life of a baby in-utero and after being born. |
| Yr enedigaeth a'r cyfnod wedyn | The birth and the time shortly after birth | Pupils begin to understand what happens during labour. |

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| Ydy pobl yn gallu cael rhyw heb gael babi | Can people have sex without having a baby? | This page provides information about using a condom as an example of birth control. It is not done as a practical lesson and is included as information only. The emphasis is on waiting until you are ready and talking to an adult. |
| Dadansoddi data | Analysing information | To practise numeracy, the pupils compare the gestation periods, adult height and life expectancy of different species. The draw graphs to form a conclusion. |
| Mislif | Period | The pupils learn about what causes a period and different ways of dealing with a period. They explore the environmental impact of different period products and the cost of different period products. |
| Darllenwch eiriau'r disgyblion... | Read the pupils words... | Pupils discuss different scenarios to do with puberty (e.e. having an unexpected period in school), and while doing group work they think of solutions. We encourage empathy and kindness. |
| Dy deimladau | Your feelings | Puberty can affect self-confidence. To address this, the pupils learn some positive mindset techniques. |
| Creu cyflwyniad | Creating a presentation | As an assessment task, the pupils can create a presentation from the list. Alternatively, they can suggest a presentation topic. The list is extensive and has something for everybody, whatever their comfort level. |

The unit has been written and contains some sensitive topics, as you can see above. The unit has been discussed thoroughly within the department and management and has been edited many times. We believe that the topics taught are needed to educate pupils in the correct way about the way their bodies and feelings will affect them in their teenage years. The information provided in the unit contains information largely based on a number of age-appropriate books and resources including:

- *Gwefr Gwyddoniaeth 7* – textbook aimed at year 7 by Keith Johnson, Sue Adamson and Gareth Williams (ISBN 1856443531)
- *Gwyddoniaeth Cyfnod Allweddol 3* by Paddy Gamon - a textbook aimed at year 7 – 9 (ISBN 1856445232)
- *What's happening to me* by Susan Meredith (ISBN 9780746069950)
- *The girls guide to growing up* by Anita Naik (ISBN 9781526360182)
- *The boy's guide to growing up* by Phil Wilkinson (ISBN 9781526360175)
- Resources on Twinkl website – a website aimed at primary and year 7 - 8 secondary pupils.

We understand that some pupils may feel embarrassed to talk about certain topics however, teaching staff have had discussions on how to approach these topics sensitively, concentrating on the factual scientific information.

If you have any questions, concerns or suggestions regarding this unit, please feel free to contact:

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