



20 May 2021

Dear Parents/Carers

This school year we have continued to implement our successful PSHE (Personal, Social and Health Education) curriculum across the school called Jigsaw, the mindful approach to PSHE.

These lessons, since September, have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

The Summer Term curriculum comprises of 2 key themes:

- Relationships
- Changing Me

Below is a breakdown of the core themes covered in each year group as part of our Relationships Education:

| Relationships Education in our PSHE Curriculum |   |
|--|---|
| Year   | Coverage  |
| 1  | Belonging in a family.<br>Making friends/being a good friend including specific qualities<br>Physical contact preferences   |
| 2  | Different types of family<br>Friendships and conflict including trust and appreciation of others<br>Physical contact boundaries                                       |
| 3  | Family roles and responsibilities<br>Keeping safe online and who to go to for help (being a global citizen)<br>Awareness of other children having different lives     |
| 4  | Love and loss and keeping memories of loved ones close<br>Conflict resolution<br>Girlfriends and boyfriends   |
| 5  | Self-recognition and self-worth and building self-esteem<br>Rights and responsibilities online (dangers of online grooming)<br>Online gaming and reducing screen time |
| 6  | Mental health and identifying sources of support<br>Managing feelings including love and loss<br>Technology safety and taking responsibility with technology use      |

The Changing Me element of the curriculum includes, in every year group, two or three lessons to help children understand the changes that happen as they grow.

There is a very serious safeguarding aspect to this work, to help keep children safe and aware of appropriate boundaries. The curriculum gently builds year on year, with younger children building foundation work for later year groups. The work during lessons in Years 5 and 6 looks more fully at puberty and human reproduction.

Below is a breakdown of our Sex Education work covered in the scheme. *NB: This year, due to Covid, children will be covering the core themes from the previous year as well as their current year.*

| Sex Education in our PSHE Scheme |   |
|----------------------------------|---|
| Year                             | Coverage  |
| 1                                | How we have changed since we were babies.   |
| 2                                | Understanding that growing and changing is natural and happens to everybody at different rates.<br>Appreciating the parts of the body that make us different and using the correct names for them.<br>Where am I on the journey from young to old and what changes can I be proud of?<br>Differences between boys and girls – how we feel about them? Which parts of me are private?  |
| 3                                | How our bodies need to change so that they can make babies when we grow up – outside and inside changes and how we feel about them.<br><i>Animations used – shorter version Female and Male Reproductive Systems.</i>   |
| 4                                | <b>The choice to have a baby, the parts of men and women that make babies and, in simple terms, how this happens.</b><br>How a girl's body changes so that she can have a baby when she is an adult, including menstruation.<br><i>Animations used – the Female Reproductive System and the Male Reproductive System</i>  |
| 5                                | Physical changes and how we feel about them.<br>The importance of looking after yourself.<br>Developing understanding and changes for both sexes – reassurance and exploring feelings.<br><b>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life.</b><br><i>Animations used – the Female and Male Reproductive Systems.</i><br><i>DVD – Channel 4 learning Living and Growing.</i> |
| 6                                | Consolidating understanding of physical and emotional changes and how they affect us.<br>A chance to ask questions and reflect.<br><b>The story of pregnancy and birth</b><br><i>Animations used – the Female and Male Reproductive Systems.</i><br><i>DVD – Channel 4 learning Living and Growing.</i>   |

We know that this education addressed sensitively, is vitally important for children. It is delivered age-appropriately, and we are guided by the, highly regarded, Jigsaw PSHE Programme to us a secure framework in which to do this.

You have the right to withdraw your children from some aspects of the Relationships and Sex Educations (RSE) curriculum. Any topics highlighted in red in the above table are the topics that you can withdraw your child from. If you wish to withdraw your child from these lessons, please do so in writing to the headteacher by **Friday 28<sup>th</sup> May**.

If you would like to view any of the resources that will be used in this curriculum, please arrange an appointment with myself via the school office. Appointments are available between 3:30 and 4:30 each afternoon next week.

We hope you, like us, will see the materials in our PSHE and RSE curriculums as educationally sound and beneficial to our children, helping to safeguard them, and will look forward to sharing them with you and answering any questions you may have. Please do not hesitate to get in contact with either myself or your child's class teacher to discuss any queries further.

Yours sincerely

**Miss Baillie**  
**PSHE Leader**