



27 May 2022

Dear Parents/Carers

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

The 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 Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2).

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

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

The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and obviously the younger year groups are not looking at these issues directly and explicitly but rather learning correct terminology for body parts and doing the foundation work for later year groups. The Years 5 and 6 lessons look more fully at puberty and human reproduction.

Below is a breakdown of our Sex Education work covered in the Jigsaw 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 the Jigsaw 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 Appreciating the parts of the body that make us different and using the correct names for them Where am I on the journey from young to old and what changes can I be proud of? 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 <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> How a girl's body changes so that she can have a baby when she is an adult, including menstruation <i>Animations used – the Female Reproductive System and the Male Reproductive System</i>
5	Physical changes and how we feel about them The importance of looking after yourself Developing understanding and changes for both sexes – reassurance and exploring feelings <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> <i>Animations used – the Female and Male Reproductive Systems</i> <i>DVD – Channel 4 learning Living and Growing</i>
6	Consolidating understanding of physical and emotional changes & how they affect us A chance to ask questions and reflect <b>The story of pregnancy and birth</b> <i>Animations used – the Female and Male Reproductive Systems</i> <i>DVD – Channel 4 learning Living and Growing</i>

We hope you will agree with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

We do, as always, want to work in partnership with parents/carers and wish to inform you of your legal right to withdraw your children from some aspects of this work. Any topic in red text in the table above 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 10<sup>th</sup> June 2022**. Please do not hesitate to get in contact with either myself or your child's class teacher to discuss any queries further.

If you would like to view any of the resources that will be shown to your child, please arrange an appointment with myself via the school office. Appointments are available between 3:30pm and 4:30pm each afternoon the week beginning **Tuesday 7<sup>th</sup> June 2022**.

We hope you, like us, will see the materials in Jigsaw 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.

Yours sincerely

Mrs Horne  
PSHE Leader