



16th May 2024

Dear Parents and Carers

This school 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.

In the second half of the summer term, children complete the unit entitled ‘Changing Me.’ 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 Year 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.

Sex Education in the Jigsaw PSHE Scheme	
Year	Coverage
Foundation	Growing Up: How we have changed since we were babies
1	Boys’ and girls’ bodies; naming body parts.
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? Boys’ and girls’ bodies; body parts and respecting privacy (which parts of the body are private and why this is)
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. How babies grow <i>Animations used – shorter version Female and Male Reproductive Systems.</i>
4	The choice to have a baby and the parts of men and women that make babies. In simple terms, how conception happens. 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	<p>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. Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life. <i>Animations used – the Female and Male Reproductive Systems.</i></p>
6	<p>Consolidating understanding of physical and emotional changes and how they affect us. A chance to ask questions and reflect. The story of pregnancy and birth <i>Animations used – the Female and Male Reproductive Systems.</i></p>

We hope you will agree 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.

However, we do as always want to work in partnership with parents and carers, and also wish to inform you of your legal right to withdraw your children from some aspects of this work. Any topics highlighted in red in the above table are the topics that you are able to withdraw your child from. If you wish to withdraw your child from these lessons, please do so in writing to the headteacher by **Friday 7th June 2024.**

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 3:30 and 4:30 each afternoon the week beginning **Monday 20th May 2024.**

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

