

27<sup>th</sup> May 2026

Dear Parents and Carers

As part of our school curriculum, we teach our pupils PSHE (Personal, Social and Health Education) and we follow a highly regarded curriculum scheme called Jigsaw.

Each year, lessons are designed to build upon prior learning at an age-related level. Lessons build 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, the children follow the unit entitled 'Changing Me.' The Changing Me unit includes, in every year group, 2 or 3 lessons to help children understand the simple facts about the human body and how we are the same or different, how to keep ourselves safe and human reproduction.

We believe educating children in a school environment, helps ensure they are educated about these important aspects linked to growing up. Lessons are built up over years. Younger year groups are not looking at all these issues directly, but they are building a secure foundation for the 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.

<b>Sex Education in the Jigsaw PSHE Scheme</b>	
<b>Year</b>	<b>Coverage</b>
<b>Foundation</b>	Growing Up: How we have changed since we were babies
<b>1</b>	Boys' and girls' bodies; naming body parts.
<b>2</b>	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)
<b>3</b>	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>



Year	Coverage
4	<p>The choice to have a baby and the parts of men and women that make babies.  <b>In simple terms, how conception 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></p>
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.  <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></p>
6	<p>Consolidating understanding of physical and emotional changes and 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></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 may withdraw your child from.**

If you wish to withdraw your child from these lessons, please do so in writing to the headteacher by **Monday 1<sup>st</sup> June 2026.**

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 to do so via the school office, before Monday 1<sup>st</sup> June.

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

**Ms N York**  
 Deputy Headteacher

