



Information about this term's Personal, Social, Health Education, which includes Relationships and Changing Me

Dear Parents/Carers,

As you know, we have adopted the scheme Jigsaw, the mindful approach to PSHE, as our approach to teaching Personal, Social, Health Education. The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw 'Puzzles'. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

We have started teaching the Relationships topic, Relationships Education is statutory (DfE Guidance 2019).

We develop positive relationships throughout the school year and through each Jigsaw topic, but there is a more specific focus on this in this Unit of Work, with children learning about different relationships we have with our friends, family and communities (including staying safe online), and how these relationships change as we grow.

In the second half of this term, we will be teaching the 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty in this Puzzle. In Key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach for this topic.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains what Sex Education is and how you can find out more about it, should you wish to.

Health, Relationship and Sex Education

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In Key Stage 2, there is a particular focus on the Health Education element of puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

At St. Michael's we define 'Sex Education' as understanding human reproduction. Sex Education is part of our PSHE/RSE curriculum, and we teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum.

The right to withdraw

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons on human reproduction in Years 5 and 6 (please refer to the contents table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationships or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact your class teacher in the first instance, so we can discuss the implications of withdrawing.

What will my child be taught about puberty and human reproduction?

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 pieces (lessons). Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class teachers. We will not teach beyond the remit of the year group. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

The table below only covers the lessons (pieces) that relate to life cycles, the human body, puberty and human reproduction. The lessons (pieces) that parents can withdraw their children from are highlighted in red font and only take place in Years 5 & 6.

School Year group	Jigsaw Piece	Learning Intentions relating to Puberty and Human Reproduction
Ages 4-5 Reception	Piece 1- My Body	I can name parts of the body.
	Piece 3 - Growing Up	I understand that we all grow from babies to adults.
Ages 5-6 Year 1	Piece 1 Life Cycles	- I am starting to understand the life cycles of animals and humans - I understand that changes happen as we grow and that this is OK
	Piece 2 Changing Me	- I can tell you some things about me that have changed and some things about me that have stayed the same - I know that changes are OK and that sometimes they

	Piece 3 My Changing Body	- I can tell you how my body has changed since I was a baby - I understand that growing up is natural and that everybody grows at different rates
	Piece 4 Boys' and Girls' Bodies	- I can identify the parts of the body that make boys different to girls and can use the correct names for these. - I respect my body and understand which parts are private
Ages 6-7 Year 2	Piece 1 Life Cycles in Nature	- I can recognise cycles of life in nature - I understand there are some changes that are outside my control and can recognise how I feel about this
	Piece 2 Growing from Young to Old	- I can tell you about the natural process of growing from young to old and understand that this is not in my control - I can identify people I respect who are older than me
	Piece 3 The Changing Me	- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old - I feel proud about becoming more independent
	Piece 4 Boys' and Girls' Bodies	- I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of the body are private - I can tell you what I like/don't like about being a boy/girl
Ages 7-8 Year 3	Piece 1 How Babies Grow	- I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby - I can express how I feel when I see babies or baby animals
	Piece 2 Babies	- I understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow - I can express how I might feel if I had a new baby in their family
	Piece 3 Outside Body Changes	- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies - I can identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)
	Piece 4 Inside Body Changes	- I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/Ova, womb/uterus, vagina and period) - I can recognise how I feel about these changes happening to me and know how to cope with these feelings Note - this lesson briefly introduces the term 'period' and explains what a period is in simple terms. This lesson does not attempt any explanation of how the sperm and egg come together. If a child asks the question, we will explain that the male and female decide when this happens and we will learn more about it at another time.

Ages 8-9 Year 4	Piece 1 Unique Me	• I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. • I appreciate that I am a truly unique human being
	Piece 2 Having A Baby	• I can understand what responsibilities there are in parenthood and the joy it can bring • I can consider what has influenced my life and what might influence the lives of other people •
	Piece 3 Puberty and Menstruation	• I can describe how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this • I have strategies to help me cope with the physical and emotional changes I will experience during puberty Note - teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.
Age 9-10 Year 5	Piece 2 Puberty for Girls	• I can explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • I understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Piece 3 Puberty for Boys	• I can describe how boys' and girls' bodies change during puberty • I can express how I feel about the changes that will happen to me during puberty
	Piece 4 Conception Parents have the right to withdraw	• I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby • I appreciate how amazing it is that human bodies can reproduce in these ways
Age 10-11 Year 6	Piece 2 Puberty	• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • I can express how I feel about the changes that will happen to me during puberty
	Piece 3 Babies - Conception to Birth Parents have the right to withdraw	• I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born • I recognise how I feel when I reflect on the development and birth of a baby

	Piece 4 Attraction	• I know myself well enough to maintain positive relationships with others whilst also keeping my own identity • I can be assertive when appropriate
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We are eager to work in partnership with parents

As with all curriculum areas in our school, teachers will be assessing the needs of the children in their class and ensuring that the teaching and learning is meeting the needs of the class. Please be aware that your child may ask you questions on what they have learnt. There is a leaflet on the [website](#) 'RSHE Guide for Parents and Carers', which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope that the information we have provided is useful in understanding what your child will be learning this term.

Please refer to our [PSHE policy](#) for further information and visit our [curriculum page](#) and click on PSHE.

If you have any further questions, please contact your child's teacher in the first instance.

Kind regards

Mrs Jan Martin (Headteacher & PSHE Lead)