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"Learning and growing together to be the best that we can be"

Thursday 15th May 2025

Notification of the deliver of the 'Changing Me' PSHE unit of learning next half term

Dear Parent/Carer,

Our Personal, Social, Health and Emotional (PSHE) curriculum is delivered using the nationally available and highly recommended 'Jigsaw' scheme of work and resources, which builds upon 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. This scheme enables us to cover the relevant sex and relationships elements of the PSHE curriculum in a progressive and age-appropriate way.

We will be delivering the 'Changing Me' (sex and relationships) unit of learning in classes next half term, during the week beginning Monday 23rd June 2025. Please see overleaf for the areas covered in each year group during our 'Changing Me' topic which will be taught next half term in each class. We hope you will agree that this learning is vitally important for children and that it needs to be delivered age-appropriately. The Jigsaw programme gives us a secure framework in which to do this, and we believe that it is extremely beneficial for all children.

As explained in our PSHE, Sex and Relationships Policy, as a parent/carer you have the right to request that your child is excused from specific lessons that relate to sex education. We conclude that sex education refers to human reproduction, and therefore inform parents of their right to request their child be withdrawn from specific PSHE lessons that explicitly teach this:

- Year 4, Lesson 2 (Having a baby)
- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 3 (Conception, birth)

You must inform the school of your decision to withdraw your child from these specific lessons. If you wish to speak to your child's class teacher then please contact them via Class Dojo to arrange an appropriate time to discuss the materials and approach that will be used to deliver this aspect of the 'Changing me' unit of work, before taking the decision to exclude them from this learning.

We also have an information video which provides further detail on our PSHE curriculum, our school policy and the approach we take to delivering sex and relationships education. This can be viewed here:

<https://youtu.be/xqhvTojIpro> . Our full PSHE policy can be found on our school website on the 'policies' page, under 'Educational policies'.

Yours sincerely,
Mrs K O'Grady
Headteacher

Jigsaw SRE Content The grid below shows specific SRE learning intentions for each year group in the 'Changing Me' Puzzle. The lessons which you can request that your child is excused from are highlighted in yellow

Year	Jigsaw Piece Name	Learning Intentions 'Pupils will be able to...'
R	My body	I can name parts of the body
R	Respecting my body	I can tell you some things I can do and foods I can eat to be healthy
R	Growing up	I understand that we all grow from babies to adults
1	Life Cycles	Start to understand the life cycles of animals and humans understand that changes happen as we grow and that this is OK
1	My changing Body	Know how my body has changed since I was a baby understand that growing up is natural and that everybody grows at different rates
1	Boys' and Girls' bodies	Identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina respect my body and understand which parts are private
2	Life Cycles and Nature	Recognise cycles of life in nature understand there are some changes that are outside my control and to recognise how I feel about this
2	Growing from young to old	Tell you about the natural process of growing from young to old and understand that this is not in my control identify people I respect who are older than me
2	The changing me	Recognise how my body has changed since I was a baby and where I am on the continuum from young to old feel proud about becoming more independent
2	Boys' and Girls' bodies	Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private tell you what I like/don't like about being a boy/girl
2	Assertiveness	Understand there are different types of touch and tell you which ones I like and don't like be confident to say what I like and don't like and ask for help
3	How babies grow	Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby express how I feel when I see babies or baby animals
3	Babies	Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow express how I might feel if I had a new baby in my family
3	Outside Body changes	Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies identify how boys' and girls' bodies change on the outside during this growing up process recognise how I feel about these changes happening to me and know how to cope with those feelings
3	Inside body changes	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 recognise how I feel about these changes happening to me and how to cope with these feelings

3	Family Stereotypes	Start to recognise stereotypical ideas I might have about parenting and family roles express how I feel when my ideas are challenged and be willing to change my ideas sometimes
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Year	Jigsaw Piece name	Learning Intentions 'Pupils will be able to...'
4	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
4	Having a baby	Correctly label the internal and external parts of male and female bodies that are necessary for making a baby understand that having a baby is a personal choice and express how I feel about having children when I am an adult
4	Girls and Puberty	Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty
5	Self-image and Body-image	Be aware of my own self-image and how my body image fits into that know how to develop my own self esteem
5	Puberty for girls	Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be OK for me
5	Puberty for boys and girls	Describe how boys' and girls' bodies change during puberty express how I feel about the changes that will happen to me during puberty
5	Conception	Understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these ways
6	My self-image	Aware of my own self-image and how my body image fits into that know how to develop my own self-esteem
6	Puberty	Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally express how I feel about the changes that will happen to me during puberty
6	Girl talk / Boy talk	Ask the questions I need answered about changes during puberty reflect on how I feel about asking the questions and about the answers I receive
6	Babies – Conception to birth	Describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how I feel when I reflect on the development and birth of a baby
6	Attraction	Understand how being physically attracted to someone changes the nature of the relationship express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this