



Headteacher: Mrs Kelly O'Connor

16.04.24

Dear Parent/Carer,

This year, we have continued to teach our PSHE (Personal, Social and Health Education) Programme across our school using a scheme called 'Jigsaw, the mindful approach to PSHE'. The lessons aim to 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.

The Summer Term Puzzles (units) are about Relationships and Changing Me.

The Relationships puzzle (summer 1) will focus on friendships, having healthy relationships with others and contributing positively within different social groups. It will also cover the concept of different types of families in key stage 1.

The Changing Me Puzzle, which will begin after half term (summer 2), will focus on how we change as people, and give strategies to cope with these changes. It will also include, in every year group, two or three lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work; 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 learning that will follow in later year groups. The Years 5 and 6 lessons look more fully at puberty and reproduction.

Reception: Bodies, growth and change

Year 1: Changes since being a baby and the differences in male and female bodies

Year 2: Different types of families, life cycles in nature and how male and female bodies are different.

Year 3: How babies grow and how boys' and girls' bodies change as they grow older.

Year 4: Internal and external reproductive body parts, body changes in girls and menstruation.

Year 5: Puberty for boys and girls, and conception.

Year 6: Puberty for boys and girls and understanding conception to birth of a baby.

If you would like further information or clarification on the 'Changing Me' unit, we warmly invite you to attend a session at school in which we will share what we are planning to teach in each year group.

| Date | Time | Venue |
|--------------------|---|----------------------|
| Tuesday 23rd April | 3.45pm – 4.15pm <small>*Your child/ren will be supervised in a classroom whilst the meeting is held*</small> | Alfred Street Junior |

We hope you will be in agreement 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.



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We do, as always, want to work in partnership with parents and carers, and also wish to remind you of your right to withdraw your children from this aspect of the PSHE curriculum. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, and we look forward to sharing them with you and answering any questions you may have.

Please let us know if you are able to attend by replying to the app message (which will be sent shortly) by Monday 22nd April or contacting the office.

Yours sincerely,

Mrs O'Connor
Headteacher

Mrs Parker
PHSE coordinator