



Winscombe Primary School

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Dear Parents/Carers,

TERM 6 PSHE INFORMATION

We are writing to update you regarding our Jigsaw/PSHE curriculum of work. The children will be undertaking their final PSHE unit, 'Changing Me', in term 6. As you may be aware, this unit will cover aspects of sex and relationship education as in previous years.

What will my child actually be taught?

The 'Changing Me' unit is taught over a period of 6 weeks in term 6. Each year group will be taught appropriate to their age and development stage. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Reception: Growing up: how we have changed since we were babies

Year 1: Boys' and girls' bodies; body parts

Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

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.

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are important skills to embed as they help keep children safe and enable them to make healthy decisions later in life. Accurate information is important but only part of the picture: help them now by building their inner resilience, so they become mindful children, mindful teenagers, and mindful adults.

Please take some time to have a look at the information we have attached:

Guide for Parents and Carers about Relationships and Sex Education in Jigsaw.

Key vocabulary that will be used in your child's lessons

Should you have any questions or concerns please do not hesitate to contact us.

Yours sincerely

Lorna Richardson

Executive Headteacher.



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