

Friday 19th April 2024

Jigsaw Personal, Social and Health Education (PSHE) Relationship and Sex Education (RSE) curriculum

Dear Parents/Carers,

We would like to say thank you to those parents and carers who attended one of the two recent information sessions about how we teach PSHE and RSE here at Hazel Leys. I hope you found the detailed presentation and the opportunity to look through all the resources helpful.

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

As shown, we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (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).

In the first half of the Summer Term we teach the Relationships Topic. Relationships Education is statutory (DfE Guidance 2019) and parents cannot withdraw their children from it.

In the second half of the Summer 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. Please note there are no sessions in our KS1 curriculum that parents can withdraw from as they are part of our science curriculum.

Please see attached to this letter for a detailed overview of the lessons that will be taught from the beginning of summer 2 across the school.

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 and assistants. 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. At Hazel Leys Academy, we believe children should understand the

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facts about human reproduction before they leave primary school and so this is taught through both our PSHE and Science curriculum. We define Sex Education as, understanding human reproduction.

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 (please refer to the table on the back of page two for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation).

If you do wish to withdraw your child from the human reproduction lessons, please contact Beverley Trotman – Principal outlining exactly which session you would like to withdraw your child from by completing the request form which is attached to this letter so we can discuss the implications of withdrawing.

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 4 (Conception, birth)

We are eager to work in partnership with parents

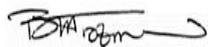
Please be aware that your child may ask you questions on what they have learnt and we hope that the information we have provided is useful in understanding what your child will be learning this term. Please also note that we do not have any control over any discussions on the playground following the sessions and would suggest that allowing the children to engage with the sessions will be the preferred way to learn.

The DfE have produced a leaflet for parents “understanding relationship and health education in your child’s school: primary” <https://www.gov.uk/government/publications/relationships-sex-and-healtheducation-guides-for-schools>

Please also refer to our PSHE policy on our school website for further information.

If you have any further questions, please contact your child’s teacher or me via the office.

Yours sincerely



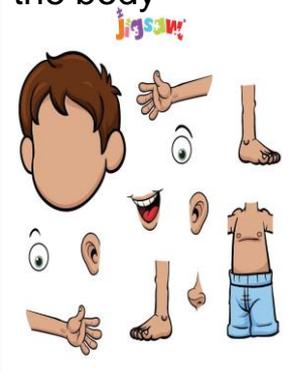
Mrs Beverley Trotman
Principal

Parental Form: withdrawal from sex education within RSE

Parents request to withdraw their child from the non-statutory/non-science aspects of the curriculum.

TO BE COMPLETED BY PARENTS			
Name of child		Class	Child's D.O.B
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education (RSE)			
Any other information you would like the school to consider.			
Parental signature			

TO BE COMPLETED BY SCHOOL	
Agreed actions from discussion with parents.	
School signature and date	

Session 1 My body	Session 2 Respecting my body	Session 3 Growing up	Session 4 Fun and Fears Part 1	Session 5 Fun and Fears Part 2	Session 6 Celebration
<p>Pupils will be taught to:</p> <p>name parts of the body</p> 	<p>Pupils will be taught to:</p> <p>tell you some things they can do and foods they can eat to be healthy</p>	<p>Pupils will be taught to:</p> <p>identify how we all grow from babies to adults</p>	<p>Pupils will be taught to:</p> <p>express how they feel about moving to Year 1</p>	<p>Pupils will be taught to:</p> <p>talk about their worries and/or the things that they looking forward to about being in Year 1</p>	<p>Pupils will be taught to:</p> <p>share their memories about the best bits of the year in Foundation</p> 

Changing me unit

Year 1 Overview

Taught in Summer 2
HLA 2024

Session 1 Life Cycles	Session 2 Changing Me	Session 3 My changing body	Session 4 Boy's and Girls bodies*	Session 5 Learning & Growing	Session 6 Coping with Changes
<p>Pupils will be taught to:</p> <p>begin to understand the life cycles of animals and humans</p> <p>understand that changes happen as we grow and that this is OK</p>	<p>Pupils will be taught to:</p> <p>identify some things about themselves that have changed and some things that have stayed the same</p> <p>know that changes are OK and that sometimes they will happen whether they want them to or not</p>	<p>Pupils will be taught to:</p> <p>identify how their body has changed since being a baby</p> <p>understand that growing up is natural and that everybody grows at different rates</p>	<p>Pupils will be taught to:</p> <p>identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina</p> <p>I respect my body and understand which parts are private</p>	<p>Pupils will be taught to:</p> <p>understand that every time they learn something new they change a little bit</p> <p>enjoy learning new things</p>	<p>Pupils will be taught to:</p> <p>identify and talk about changes that have happened in their life</p> <p>know some ways to cope with changes</p> 

Changing me unit

Year 2 Overview

Taught in Summer 2
HLA 2024

Session 1 Life Cycles in nature	Session 2 Growing from young to old	Session 3 The changing me	Session 4 Boy's & Girls' bodies*	Session 5 Assertiveness	Session 6 Looking ahead
<p>Pupils will be taught to:</p> <p>recognise cycles of life in nature – example caterpillar to butterfly</p> <p>understand there are some changes that are outside of their control and can recognise how they feel about this – example growing</p>	<p>Pupils will be taught to:</p> <p>identify the natural process of growing from young to old and understand that this is not in their control</p> <p>identify people they respect who are older than them</p>	<p>Pupils will be taught to:</p> <p>recognise how their body has changed since they were a baby and where they are on the continuum from young to old</p> <p>feel proud about becoming more independent</p>	<p>Pupils will be taught to:</p> <p>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</p>	<p>Pupils will be taught to:</p> <p>understand that there are different types of touch and can identify which ones they like and don't like</p> <p>be confident to say what they like and don't like and can ask for help</p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to when they are in Year 3</p> <p>start to think about changes they will make when they are in Year 3 and know how to go about this</p> 

Changing me unit

Year 3 Overview

Taught in Summer 2
HLA 2024

Session 1 How babies grow	Session 2 Babies	3 Outside body changes*	4 Inside body changes*	Session 5 Family stereotypes	Session 6 Looking ahead
<p>Pupils will be taught to:</p> <p>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</p> <p>express how they feel when they see babies or baby animals</p>	<p>Pupils will be taught to:</p> <p>understand how babies grow and develop in the mother's uterus</p> <p>understand what a baby needs to live and grow</p> <p>express how they might feel if they had a new baby in my family</p>	<p>Pupils will be taught to:</p> <p>understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>recognise how they feel about these changes happening to them and know how to cope with those feelings</p>	<p>Pupils will be taught to:</p> <p>identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>recognise how they feel about these changes happening to me and know how to cope with these feelings</p>	<p>Pupils will be taught to:</p> <p>start to recognise stereotypical ideas they might have about parenting and family roles</p> <p>express how they feel when their ideas are challenged and might be willing to change their ideas sometimes</p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to when they are in Year 4</p> <p>start to think about changes they will make when they are in Year 4 and know how to go about this</p> 

Changing me unit

Year 4 Overview

Taught in Summer 2
HLA 2024

Session 1 Unique me	<u>Session 2a</u> <u>Having a baby*</u>	Session 3 Puberty and Menstruation	Session 4 Circles of change	Session 5 Accepting change	Session 6 Looking ahead
<p>Pupils will be taught to:</p> <p>understand that some of their personal characteristics have come from my birth parents</p> <p>appreciate that they are a truly unique human being</p>	<p>Pupils will be taught to:</p> <p>understand what responsibilities there are in parenthood and the joy it can bring</p> <p>consider what has influenced my life and what might influence the lives of other people</p> <p><small>*Right to withdraw</small></p>	<p>Pupils will be taught to:</p> <p>I can 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 (<i>having periods</i>) is a natural part of this</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>Pupils will be taught to:</p> <p>identify how the circle of change works and can apply it to changes they want to make in their life</p> <p>be confident enough to try to make changes when they think they will benefit their life</p>	<p>Pupils will be taught to:</p> <p>identify changes that have been and may continue to be outside of their control that they learnt to accept</p> <p>express their fears and concerns about changes that are outside of their control and know how to manage these feelings positively</p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to when they are in Year 5</p> <p>reflect on the changes they would like to make when they are in Year 5 and can describe how to go about this</p> 

Changing me unit

Year 5 Overview

Taught in Summer 2
HLA 2024

Session 1 Self and Body Image	Session 2 Puberty for girls	Session 3 Puberty for boys	<u>Session 4</u> <u>Conception*</u>	Session 5 Looking ahead	Session 6 Looking ahead to Year 6
<p>Pupils will be taught to:</p> <p>be aware of their own self-image and how their body image fits into that</p> <p>know how to develop their own self esteem</p>	<p>Pupils will be taught to:</p> <p>identify how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>understand that puberty is a natural process that happens to everybody and that it will be ok for them</p> <p><i>Sessions delivered separately to girls and boys</i></p>	<p>Pupils will be taught to:</p> <p>identify how boys' and girls' bodies change during puberty</p> <p>express how they feel about the changes that will happen to them during puberty</p> <p><i>Sessions delivered separately to girls and boys</i></p>	<p>Pupils will be taught to:</p> <p>understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>understand that sometimes people need IVF to help them have a baby</p> <p>appreciate how amazing it is that human bodies can reproduce in these ways</p> <p><small>*Right to withdraw</small></p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to about becoming a teenager and to understand that this brings growing responsibilities (<i>age of consent</i>)</p> <p>how to develop confidence so that they can cope with the changes that growing up will bring</p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to when they are in Year 6</p> <p>start to think about changes that they will make when they are in Year 6 and know how to go about this</p> 

Changing me unit

Year 6 Overview

Taught in Summer 2
HLA 2024

Session 1 My Self Image	Session 2 Puberty	<u>Session 3</u> <u>Babies -</u> <u>conception to</u> <u>birth*</u>	Session 4 Boyfriends and Girlfriends Adolescent Friendships	Session 5 Real self and Ideal self	Session 6 Transition to secondary school
<p>Pupils will be taught to:</p> <p>be aware of their own self-image and how their body image fits into that</p> <p>identify how to develop their own self esteem</p>	<p>Pupils will be taught to:</p> <p>identify and explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>how to express how they feel about the changes that will happen to them during puberty</p> <p><i>Sessions delivered separately to girls and boys</i></p>	<p>Pupils will be taught to:</p> <p>describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>recognise how they feel when they reflect on the development and birth of a baby</p>	<p>Pupils will be taught to:</p> <p>recognise how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend</p> <p>and that respect for one another is essential in a boyfriend/girlfriend relationship, and that you should not feel pressured into doing something you don't want to</p>	<p>Pupils will be taught to:</p> <p>Identify the importance of a positive self-esteem and what you can do to develop it</p> <p>express how they feel about their self-image and know how to challenge negative 'body-talk'</p>	<p>Pupils will be taught to:</p> <p>identify what they are looking forward to and what worries them about the transition to secondary school</p> <p>how to prepare themselves emotionally for starting secondary school</p>

*Right to withdraw

