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Dear Families,

As we approach Term 6, we would like to inform you about the content of our Personal, Social and Health Education (PSHE) lessons, which follow the Jigsaw PSHE scheme. During this term, all classes will be studying the unit titled "Changing Me."

Each year we detail the specific objectives on our learning pathways so as families you can see the content that will be taught.

This unit is age-appropriate and carefully designed to support pupils' understanding of how their bodies and emotions change as they grow. The learning is delivered in a sensitive, inclusive, and respectful way, in line with statutory guidance.

Across the school, the key themes are:

- Understanding life cycles in animals and humans
- Recognising how their bodies have changed since they were babies
- Learning about personal growth, self-esteem, and celebrating achievements
- Identifying changes that occur as part of growing up and naming body parts (including puberty in upper year groups)
- Developing skills to manage change positively and talk about feelings

All primary schools are required to teach Relationships Education, which includes learning about:

- Families and caring relationships
- Respectful relationships
- Personal boundaries and safety

This content is statutory, and parent/carer (s) do not have the right to withdraw their child from Relationships Education.

However, parents do have the right to request withdrawal from the sex education elements. As with previous years, please notify the office in writing if you wish to withdraw your child from the sex education objectives in our Jigsaw curriculum.

We will be happy to discuss the content in more detail so that you can make an informed decision.

Kind Regards,
Sarah Trudgeon