



St Matthew's Bloxam C of E Primary School



Headteacher – Mrs Anita Timson: BEd (Hons), NPQH
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"Let Your Light Shine"

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Dear parent/carer,

We follow the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE. The lessons, have built 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 Department for Education made Relationships and Health Education (RSHE) compulsory for all primary aged pupils from September 2020. The Summer Term Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2). The Changing Me Puzzle includes, in every year group, lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and 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 later year groups. The Years 5 and 6 lessons look more fully at puberty and human reproduction.

At St Matthew's Bloxam, we define 'sex education' to mean 'human reproduction'. This is in line with the Jigsaw scheme that we use. Parents **do have the right to withdraw** their child from particular lessons, which include human reproduction. These are outlined in **red** below and feature only in Y5/Y6. If you do wish to withdraw your child from the human reproduction lessons in Y5/Y6, please express your wishes to Mrs Timson, in writing, no later than Monday 27th June 2022. The Head Teacher can only approve withdrawal requests.

If you do have a concern, we would ask you to refer this directly to your child's class teacher in the first instance, and prior to making a withdrawal request, who will always be happy to support.

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. We invite you to read our PSHE policy on the school website for more detail.

Yours sincerely,

Miss Cartledge
PSHE Lead.



What will my child actually be taught about puberty and human reproduction?

The Jigsaw unit 'Changing Me' is taught in Summer Term 2. Each year group will be taught appropriate to their age and developmental 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.

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 as they help keep children safe and it helps them 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. We feel that it will be a great benefit if there is the opportunity to further discuss this with your child at home. There is a strong safe-guarding element to the 'Changing Me' Puzzle.

There is an option for parents to view the resources used in school, if you wish to do this please contact the school. The website Outspoken Sex Ed <https://www.outspokeneducation.com> is a useful place for information about speaking to your child.

Year group	Learning Intentions
Reception	• I can name different parts of the body. • I understand how we all grow from babies to adults.
1	• I am starting to understand the life cycles of animals and humans, • I can tell you some things about me that have changed and some things about me that have stayed the same. • I can tell you how my body has changed since I was a baby. • I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, and anus.
2	• I can recognise cycles of life in nature. • I can tell you about the natural process of growing from young to old and understand that this is not in my control. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. • I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, and vulva) and appreciate that some parts of my body are private. • I understand there are different types of touch and can tell you which ones I like and don't like.
3	• I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby. • I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow. • I can start to recognise stereotypical ideas I might have about parenting and family roles.
4	• I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process. • I can 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. • I can understand what responsibilities there are in parenthood and the joy it can bring. I can consider what has influenced my life and what might influence the lives of other people. • 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 (having periods) is a natural part of this.
5	• I can describe how boys' and girls' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. • 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 can correctly label the internal and external parts of male and female bodies that are necessary for making a baby. • I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).
6	• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. • I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. • I know myself well enough to maintain positive relationships with others whilst still keeping my own identity and I can be assertive when appropriate. • I am aware of the importance of a positive self-esteem and what I can do to develop it.