



## STRETTON CHURCH OF ENGLAND ACADEMY

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Head Teacher: Mrs R Mainwaring



Dear parents/carers

### **PSHE – Jigsaw programme Y4-6**

During this half term, we are teaching the PSHE unit 'Changing Me' as part of our Jigsaw PSHE programme. This unit helps children to understand changes that take place during their lives as they grow up and to cope positively with change. As discussed at the PSHE parents meeting earlier this term, this unit also includes the statutory PSHE curriculum for Relationships, Sex and Health Education which plays a key role in teaching children how to stay safe and enabling them to understand changes they experience as they move to adolescence.

**Further information about the PSHE curriculum can be found on our curriculum website at:**  
**<https://www.stretton.covmat.org/pshe-1/>**

As the children progress through school, issues are introduced and discussed in an age-appropriate way, building on learning from previous years. By the time children reach Year 6, we will have focused on change of many types, from growing young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Throughout these lessons, topics are discussed sensitively using the correct terminology and age-appropriate diagrams. Children can ask questions, and these will be answered in an age-appropriate way. If a question is asked that relates to issues outside the remit of the year's programme, teachers will encourage the child to ask his/her parents or carers at home; they will not address issues in class that are not appropriate to the age group.

Attached is a summary of the key questions covered in each unit of our PSHE programme.

Some sessions on sex education (Human Reproduction) within the Jigsaw programme are additional to the statutory curriculum in science. Whilst we strongly recommend all children participate in these lessons, parents do have a right to request that their child be withdrawn from PSHE lessons that explicitly teach human reproduction. Within the Jigsaw Changing Me Puzzle (unit), these lessons are:

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 3 (Babies: Conception to birth)

If you prefer your child not to be included in these lessons, please let your child's class teacher know by Tuesday 3<sup>rd</sup> June.

Kind Regards

Mrs Mainwaring

Headteacher

