



STRETTON CHURCH OF ENGLAND ACADEMY

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Head Teacher: Mrs R Mainwaring



Dear parents/carers

PSHE – Jigsaw programme YR – Y3

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 meeting that took place for parents 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. Each year group also thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. The Jigsaw programme for Reception to Year 3 covers statutory content that children must be taught.

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. If you have any further questions, please feel free to speak to your child's class teacher.

Kind Regards

Mrs Mainwaring
Headteacher

