



“Developing confident, enthusiastic and happy learners”

Dear parent/carers,

Friday 5th June 2026

This school year we continue to deliver the PSHE (Personal, Social and Health Education) Programme across our school with the support of *Jigsaw*, the mindful approach to PSHE.

This term, (Summer 2) Puzzles (units) are about **Changing Me**. The Changing Me Puzzle includes lessons to help children understand puberty and human reproduction at an age-appropriate level. There is a very serious safeguarding aspect to this work and we have always found that the children respond positively and in a mature manner.

- **Year 3** will be learning the correct terminology for body parts and doing the foundation work for later year groups as part of statutory Health education.
- **Year 4** will be introducing the menstrual cycle and vital body changes through puberty as part of statutory Health education.
- **Year 5** will introduce human reproduction (linked with the Science National curriculum)
- **Year 6** will re-visit human reproduction, involving birth, in an educational and age-appropriate environment.

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. The Jigsaw Programme gives us a secure framework in which to do this that abides by the National Curriculum and the Equality Act 2010. This programme is dealt with sensitively and within the guidelines of our PSHE including RSHE policy (a copy of our policy can be found on our website.)

The school is required by law to teach Relationships Education and Health Education. Should you require further guidance on the statutory requirements or the importance of the curriculum we intend to teach the children, please call or email the office where you will be invited in and/or be provided with an access code to view the materials. We are committed to working in partnership with you to ensure the best outcomes for our pupils.

Kind regards,

Miss Carter

PSHE and RSE Lead

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