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**Information about this term’s Personal, Social, Health Education, which includes Relationships and Changing Me**

Dear Parents/Carers,

At Broadhempston Primary School we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

In the first half of the Summer Term we are teaching the Relationships Topic, children will learn about different relationships we have with our friends, family and communities (including staying safe online), and how these relationships change as we grow.  In the second half of the Summer Term we will be teaching the ‘Changing Me’ topic, this helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty, in Key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later. The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is and how you can find out more about this if you wish to.

Health and Relationship Education is statutory in all primary schools and the curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the ‘Healthy Me’ and ‘Relationships’ Puzzles.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.  In Key Stage 2, there is a particular focus on the Health Education element of puberty in (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.  Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw ‘Changing Me’ topic.

The Jigsaw unit ‘Changing Me’ is taught in the Summer Term and contains 6 lessons. Each year group will be taught appropriate to their age and developmental stage.

On the following page is an example of what we are covering in Relationships and Changing Me, if you have any questions please have a look on our website or speak to your child's teacher.

Kind regards

The areas which will be covered throughout the Relationships and Changing Me units:

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