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EASTRY CHURCH OF ENGLAND
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18th June 2024

Dear parent/carer,

This school year we have continued to use the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE.

The lessons last year and continuing since September, 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.

During this term the puzzles pieces (units) the children will be learning about is entitled **Changing Me.**

The Changing Me Puzzle thinks about how our feelings and bodies may change at a basic level as we get older, and also dealing with the moving of classes and other changes they may experience in their lives. As the children progressed, there are further lessons to help children understand the changes puberty brings and how human reproduction happens.

We hope you agree with us that this learning is vitally important for children and that it needs to be done in an age-appropriate way. The Jigsaw Programme gives us a secure framework which builds on small steps year on year to deliver this learning. The JIGSAW programme, process and resources are in accordance with the statutory Government programme of RSE (Relationship and Sex education).

We do as always want to work in partnership with parents and carers, and also wish to inform you of your legal right to withdraw your children from some aspects of this work. In September 2020, the Government made Relationships Education and Health Education statutory for all primary schools, and therefore children cannot be withdrawn from all parts of their learning. However, I hope you can see how JIGSAW deals with this subject in a sympathetic and sensitive manner which is built on a solid foundation of age-appropriate learning and statutory guidance.

In addition to this, we hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children and have included with this letter a summary of the learning in Year 5. If you have any questions or need any extra information, please feel free to ask your child's teacher or contact me through the office.

Kind regards,

J Davies

Jackie Davies
PSHE lead

Year 5

Pieces	PSHE learning intention	Social and emotional development learning intention
1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
3. Puberty for boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
5. Looking Ahead 1 Puzzle Outcome: Change Cards	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
6. Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.