



# St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN · Tel: 01228 711544 · Headteacher: Mrs L Smith

Our school values: Respect · Kindness · Challenge · Forgiveness · Perseverance



Tuesday 19<sup>th</sup> May 2026

Dear Parent/Carer,

Throughout the school year, we deliver a PSHE (Personal, Social, Health Education) programme across our school called Jigsaw, which is a mindful approach to PSHE. The lessons since September have built children's emotional literacy, self-esteem, knowledge of who they are and how they relate to each other and the world in a positive and healthy way. You may well have heard your child talking about Jigsaw/PSHE.

Next half term, the children will be following the Puzzle piece 'Changing Me' - each year group will be taught appropriately to their age and developmental stage. The following topics will be covered:

EYFS	Growing up: how we have changed since we were babies
Year 1	Boys' and girls' bodies; naming body parts
Year 2	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
Year 3	How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty.
Year 4	Internal and external reproductive body parts, body changes in boys and girls including menstruation
Year 5	Puberty for boys and girls, and conception
Year 6	Puberty for boys and girls and understanding conception to birth of a baby

At St. Michael's, we are committed to helping all our pupils to grow up healthy, happy and safe, and to be able to navigate life in modern Britain. Relationships and health education has been incorporated into our curriculum to equip pupils with the knowledge they need to make informed decisions about their health, safety, and relationships with others, now and in the future. We aim to deliver relationships and health education which is current, evolving, age- and developmentally-appropriate, and respectful of each pupil's cultural and religious background.

Puberty is introduced gently in Year 3 because some may experience changes in their body at this age and it is necessary to prepare them for this, so they aren't scared or worried. Conception is introduced age-appropriately in Year 4 in the context of understanding why our bodies change during puberty. Understanding of Human Reproduction, conception and puberty is built upon in Year 5 and then puberty, conception and childbirth is age-appropriately covered in Year 6.

We hope you will agree with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this. 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 child from some aspects of this work. Whilst most of this unit is statutory, the right to withdraw applies to some lessons in Years 4, 5 and 6 that cover 'Human Reproduction'.



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Please contact Miss Mawson as PSHE/RSE Lead, through our admin email address: [admin@st-michaels.cumbria.sch.uk](mailto:admin@st-michaels.cumbria.sch.uk) as soon as possible should you need to discuss any alternative arrangements.

There are more details on this on the PSHE section of our school website. If you would like to discuss this further, please don't hesitate to contact school.

From September there is an update to the statutory guidance for Relationships and Sex Education and Health Education for all schools. As part of this, we will be consulting parents for their views in helping to finalise our policy for this subject.

Many thanks

*Lorna Smith*

Mrs L Smith  
Headteacher