



Dear Parents,

In 2019 as a school we revised the way in which we teach Personal, Social and Health Education (PSHE) and Relationships, Sex and Health Education (RSHE). At Thomlinson Junior School we use a progressive scheme across all age-groups from JIGSAW PSHE– this is a continually updated scheme that covers the Department for Education’s Relationships and Health Education requirements. Developed and centred on values, Jigsaw’s resources support primary schools in promoting positive behaviour, mental health, well-being, resilience and achievement, as well as significantly contributing to school’s Safeguarding and Equality duties.

Our Relationships, Sex and Health Education curriculum at Thomlinson Junior School is always taught with respect for the backgrounds and beliefs of pupils and parents whilst ensuring pupils are provided with knowledge relating to the Law.

We recognise that you as parents are the prime educators for children on many of these matters, yet it is our responsibility to complement and reinforce this role. However, we do recognise that at times some parents may find it difficult to talk about these matters with their children. You are of course invited to discuss any concerns, and ask questions, about these lessons and it is within your right to request that your child be withdrawn from sex (but not relationships) education lessons.

RSHE needs to start early in primary school so that children learn about their bodies, can recognise if other people make them feel uncomfortable or unsafe and can report abuse and get help. Lots of children start puberty before they leave primary school so it is important that all pupils know what to expect before it happens. I have attached our policy to give you more details about this curriculum area.

We believe it is good to teach RSHE in every year of primary school. It helps pupils to learn progressively as they mature and revisit the subject on a regular basis, reinforcing learning and providing opportunities to ask further questions. Sessions will begin after the half-term holidays. I have attached the titles of the lessons each year group will be taught, to give you an overall picture of the subject areas they will be visiting. (See below)

If you have any questions or concerns regarding these sessions, please contact your child’s class teacher or email myself at [head@thomlinson.cumbria.sch.uk](mailto:head@thomlinson.cumbria.sch.uk).

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## **What will my child actually be taught about puberty and human reproduction?**

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

**Ages 6-7** Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

**Ages 7-8** How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

**Ages 8-9** Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

**Ages 9-10** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

**Ages 10-11** Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.