



Hemington Primary School

Headteacher: Mr Alun Randell

"To enable, encourage and equip all children to achieve their best through an inspiring and nurturing environment."

Friday 30th June 2023

Dear Parents and Carers,

Health and Relationships Education

This term, in the week beginning 3rd July, we will be delivering our Relationships and Health Education programme which will also include sex education for all children in KS2.

Our Personal, Social, Health and Education (PSHE) programme is called **Jigsaw** and the children's response and engagement has been very positive. It has allowed them to explore new topics with a strong focus on mental health and mindfulness.

Term 1 Identify and self-esteem (Being Me in My World)

Term 2 Equality and Diversity (Celebrating Difference)

Term 3 Being Ambitious (Dreams and Goals)

Term 4 Being Healthy (Healthy Me)

Term 5 Good Relationships (Relationships)

Term 6 Changing Me

What does sex education include?

Sex education is defined as human reproduction, conception and birth. It is important that children understand the changes that happen to them as they grow and mature. Puberty is a statutory area of the curriculum because it forms part of the Science curriculum and therefore compulsory. Human reproduction and conception are taught in addition to this as part of the PSHE curriculum. Parents, therefore, have the right to withdraw their children from these lessons but, as a school, we believe this learning is an essential part of growing up. It is important to note that this learning is built on in RSE (Relationships and Sex education) in secondary schools.

Here is a brief outline of our Sex Education programme:

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

Reception: Growing up: how we have changed since we were babies.

Year 1: Boys' and girls' bodies; correct names for 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 and 4: How do babies grow? and an Introduction to puberty.

Year 5 and 6: Internal and external reproductive body parts. Puberty and menstruation. Conception is explained in simple biological terms.



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All lessons are delivered through the Jigsaw scheme which is used all across the UK. The lessons are delivered in a child friendly, age appropriate way through use of the correct terminology, child-friendly language, diagrams and animated video clips approved by Jigsaw.

If you have any questions about the content or would like further details, please get in contact and we will be happy to discuss it with you by email or phone.

We would like to take this opportunity to thank you for your ongoing support.

Best wishes,

Alun Randell
Headteacher