



# Midsomer Norton Primary School

*An inclusive, community school in the heart of Midsomer Norton.*

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Head of School: Ms Sarah Biss  
Executive Headteacher: Mr Alun Randell  
'Part of the Midsomer Norton Schools Partnership'

Wednesday, 17th June 2026

Dear Parents and Carers,

## **Health and Relationships Education**

This term, we will be delivering our Relationships and Health Education programme which will also include sex education for some year groups in KS2.

We use a Personal, Social, Health and Economic education programme 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 is, therefore, compulsory. Human reproduction and conception are taught in addition to this. 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 topic 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:** How do babies grow? Introduction to the physical changes that happen during puberty.

**Year 4:** Physical and emotional changes that happen during puberty.

**Year 5:** Internal and external reproductive body parts. Recap on puberty and menstruation.

**Year 6:** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception is explained in simple biological terms.

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 video clips approved by Jigsaw.

In Reception, the focus is on learning how we have changed since we were babies but it is important to let parents know that we will use the correct terminology when speaking to children about their body parts.

If you have any questions about the content, please speak to a member of staff. If you wish to withdraw your child from these lessons, please let us know by email.

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

Best wishes,

Mr Randell