Friday, 28th May 2021

Dear Parents and Carers,

**Health and Relationships Education**

Next term, we will be delivering a new Relationships and Health Education programme which will also include sex education for some year groups in KS2. We sought the views of staff, parents/carers and governors when we put this programme together earlier this year and we have tailored it to suit the needs of the children in our care.

You may remember we introduced a new Personal, Social, Health and Economic education programme called **Jigsaw** last year 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. 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:** How do babies grow?

**Year 4:** Introduction to 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 get in contact and we are happy to discuss it with you by email or phone. If you have any comments or views, please feel free to email these to office@midsomernortonprimary.co.uk for the attention of Mrs Forster.

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

Best wishes,

Norma Forster