



Bleakhouse Primary School

Bleakhouse Road, Oldbury, West Midlands, B68 9DS

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Dear Parent/Carer

Jigsaw PSHE – Changing Me

This year, we have continued to implement the Jigsaw PSHE (Personal, Social and Health Education) Programme across Bleakhouse Primary School. The lessons that your child has taken part in through the year have built their emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the Jigsaw Friends and Calm Me time.

The Summer 2 Term Puzzle (unit) is about Changing Me which covers all areas of statutory requirements for the delivery of Sex and Relationships Education (SRE) which came into place for schools to follow from September 2020.

As a school, we believe that knowledge empowers and protects children as long as it is age appropriate. The Changing Me Puzzle, which will be taught after half term, in every year group includes two or three lessons to help children understand the changes that they might experience. The Jigsaw Programme gives us a secure framework in which to do this. This will be the third year we have taught this topic and we have found it extremely beneficial for all children.

The children in each year group will be learning:

EYFS
<ul style="list-style-type: none"> • the names and functions of some parts of the body • that we grow from baby to adult • who to talk to if they are feeling worried • that sharing how they feel can help solve a worry • that remembering happy times can help us move on
Year 1
<ul style="list-style-type: none"> • that animals including humans have a life cycle • that changes happen when we grow up • that people grow up at different rates and that is normal • the names of male and female private body parts • that there are correct names for private body parts and nicknames, and when to use them • which parts of the body are private and that they belong to that person and that nobody has the right to hurt these • who to ask for help if they are worried or frightened • that learning brings about change
Year 2



- that life cycles exist in nature
- that aging is a natural process including old-age
- that some changes are out of an individual's control
- how their bodies have changed from when they were a baby and that they will continue to change as they age
- the physical differences between male and female bodies
- the correct names for private body parts
- that private body parts are special and that no one has the right to hurt these
- who to ask for help if they are worried or frightened
- there are different types of touch and that some are acceptable and some are unacceptable

Year 3

- that in animals and humans lots of changes happen between conception and growing up
- that in nature it is usually the female that carries the baby
- that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- that babies need love and care from their parents/carers
- some of the changes that happen between being a baby and a child
- that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- some of the outside body changes that happen during puberty
- some of the changes on the inside that happen during puberty

Year 4

- that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- that babies are made by a sperm joining with an ovum
- the names of the different internal and external body parts that are needed to make a baby
- how the female and male body change at puberty
- that personal hygiene is important during puberty and as an adult
- that change is a normal part of life and that some cannot be controlled and have to be accepted • that change can bring about a range of different emotions

Year 5

- what perception means and that perceptions can be right or wrong
- how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- that sexual intercourse can lead to conception
- that some people need help to conceive and might use IVF
- that becoming a teenager involves various changes and also brings growing responsibility

Year 6

- how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- how a baby develops from conception through the nine months of pregnancy and how it is born
- how being physically attracted to someone changes the nature of the relationship
- the importance of self-esteem and what they can do to develop it
- what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class



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As a parent or carer, you have a legal right to withdraw your child from the non-statutory RSE lessons (those that do not fall within the Science National Curriculum). If we do not hear from you, we will assume that you are willing for your child to take part in this programme which will start the week beginning 5th June.

If you require further information about the content of RSE including a copy of the RSE policy please see the school website. You are also welcome to view the materials used. For further information please see the school website:

Relationship and Sex Education in the Primary School a Guide for Parents and Carers

Yours sincerely

Emma McGahey
PSHE Lead/Deputy Headteacher

