



The Stoke Poges School

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Dear Parent/Carer,

After half term we will begin our '**Changing me**' unit during our PSHE lessons. As you may be aware, from September 2020 the Department for Education made Relationships and Health Education compulsory in all primary schools.

We teach RSHE in our school through Personal Social and Health Education (PSHE) lessons using the Jigsaw programme.

What must primary schools teach in Relationships Education, Health Education and Sex Education?

For Primary aged children this includes curriculum content under two headings:

Relationships Education	Health Education
Families and people who care for me Caring friendships Respectful Relationships Online relationships Being safe	Mental wellbeing Internet safety Physical health and fitness Healthy eating Drugs, alcohol and tobacco Health prevention Basic first aid Changing adolescent body

Sex Education

We define Sex Education as relating to human reproduction and teach this alongside the Health Education content as part of the Jigsaw unit 'Changing Me'.

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, 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. The sex education element of the Changing me unit makes up a very small section of what is taught.

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

Reception	How we have changed since we were babies
Year 1	Boys and Girls bodies, names of body parts
Year 2	Body parts and respecting privacy
Year 3	How babies grow. How boys' and girls' bodies change as they grow older, including puberty
Year 4	Internal and external reproductive parts. Recap puberty

	Menstruation Conception is explained in simple terms
Year 5	Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent Conception explained in simple biological terms
Year 6	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.

Does my child have to take part in RSHE?

All schools have a statutory duty to teach pupils the aspects of Relationship Education and Health Education and pupils cannot be withdrawn from these lessons. As we teach Sex Education as part of the 'Changing Me' unit, pupils may only be withdrawn from specific lessons relating to human reproduction e.g. conception and birth. Withdrawal from these sessions must be granted by the headteacher following submission of the withdrawal form. This can be found on the PSHE page of the school website.

How to get more information?

We will be holding information evenings for parents of children in Year 5 and 6 after half term.

Please visit our PSHE page on the school website if you would like some further information. If you have any specific queries regarding your child, or the materials used to teach RSHE please arrange to speak to their class teacher or to Mrs Benians or Mrs Payne.

Kind regards,
Mrs Benians and Mrs Payne