



7th June 2021

Dear parent/carer,

This school year we have been implementing 'Jigsaw', the PSHE (Personal, Social and Health Education) Programme across school, which follows a mindful approach to PSHE.

These lessons have built children's 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 Term Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2). This half term we will be focussing on the Changing Me Puzzle which includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and obviously the younger year groups are not looking at these issues directly and explicitly, but rather learning correct terminology for body parts and covering the foundation work for later year groups. The Year 5 and 6 lessons look more fully at puberty and human reproduction.

The programme will include the following themes:

- Male and Female
- Growing and Changing
- Friends
- Gender Stereotypes
- Families of all Kinds
- Relationships/Types of Love
- Reproduction/Life cycle
- Babies and Parenting
- Puberty and Menstruation
- Personal Hygiene

The lessons will progress gradually across the Bases, and topics such as puberty, menstruation and personal hygiene will not be covered until Base 3. If the children bring up any issues we feel inappropriate for their year group, we will contact you at home so that you can discuss it in a way you feel appropriate. Talking to your child about the lessons they have covered will help their learning and also give them a chance to ask further questions.

If you have any questions, please contact me.

Thank you for your ongoing support.