



## PHSE and RSHE (Relationships, Sex and Health Education)

Dear Parents/Carers,

We are writing to inform you that your child's class will be starting their new puzzle in Jigsaw (PSHE) called 'Changing Me'.

During these sessions your child will be learning about puberty and human reproduction, appropriate to their age and stage of development.

### What will my child actually be taught in Relationships, Sex and Health Education?

The '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.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

YEAR 4 (missed content from last year)

- **Making a baby**

correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

Understand that having a baby is a personal choice and express how I feel about having children when I am an adult.

Year 5

- **Self-image and Body image**

Be aware of my own self-image and how my body image fits into that.

Know how to develop my own self esteem.

- **Year 5 puberty for boys**

Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally.

Understand that puberty is a natural process that happens to everybody and that it will be OK for me.

- **Year 5 Puberty for boys and girls**

Describe how boys' and girls' bodies change during puberty.

Express how I feel about the changes that will happen to me during puberty

**Associate Principal:** Chloe Neild  
Church Street, Stanwick, Wellingborough,  
Northamptonshire NN9 6PS  
**T:** 01933 623117  
**E:** head@stanwick.northants-ecl.gov.uk  
www.stanwick.northants.sch.uk



Proud to be part of the  
Nene Education Trust



- **Conception**

Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby.

Appreciate how amazing it is that human bodies can reproduce in these ways.

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life. There is a strong safe-guarding element to the 'Changing Me' Puzzle.

If you have any questions or would like to view any of the resources that will be used please contact the school office or Mrs Gridley

Many thanks

Mrs Gridley

**Associate Principal:** Chloe Neild  
Church Street, Stanwick, Wellingborough,  
Northamptonshire NN9 6PS  
**T:** 01933 623117  
**E:** [head@stanwick.northants-ecl.gov.uk](mailto:head@stanwick.northants-ecl.gov.uk)  
[www.stanwick.northants.sch.uk](http://www.stanwick.northants.sch.uk)



Proud to be part of the  
Nene Education Trust