



St Cuthbert's C of E Junior School

May 2021

Dear Parent/Carer

During the final term of this school year, we will be teaching our Changing Me topic of the Jigsaw Programme. This will include the statutory relationship and sexual education areas of the curriculum as per government guidelines 2019.

These lessons will be delivered in an age appropriate, sensitive manner where the children will be involved in discussions and be given the opportunity to ask questions individually or anonymously during the lesson.

We will be using resources and videos provided by the Jigsaw PSHE scheme which follows the latest guidance for the relationship and sex education 2019.

The children will be split into their year groups to be taught and the areas covered will be:

Year 3: We will be looking at how boys' and girls' bodies change on the inside and outside while growing up in order to be able to have babies when they are older. We will look at how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.

Year 4: We will be learning how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this. We will discuss strategies to help cope with the physical and emotional changes experienced during puberty.

Year 5: In year 5 we will cover how our body changes during puberty and the importance of looking after ourselves physically and emotionally. We will also learn that sexual intercourse can lead to conception and that is how babies are usually made.

Year 6: Year 6 children will learn how girls' and boys' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally. We will cover conception to birth and of babies. We will also understand how being physically attracted to someone changes the nature of the relationship and what that means about having a girlfriend or boyfriend

We hope that all children will participate in this programme but parents may, if they wish, withdraw their child from parts of these lessons. If this is your decision, please inform the school office in writing ASAP informing us of this so that other arrangements can be made.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Helen Mullinger

Headteacher