



22<sup>nd</sup> May 2025

Dear Parents and Carers,

## **Information about next term's PSHE (Personal, Social and Health Education) curriculum, which includes Relationships and Changing Me**

During Term 6, through our nationally recognised PSHE scheme, Jigsaw PSHE, all classes will undertake age-appropriate learning from the units 'Relationships' and 'Changing Me', which teach elements of Health Education, Relationships and Sex Education and links to the Science curriculum. Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

Children will learn about different relationships we have with our friends, family and communities and how these relationships change as we grow.

'Changing Me' deals with change of many types, including growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Learning about life cycles and how babies are made and grow is treated sensitively and is designed to meet children's needs at age-appropriate levels.

In Key Stage 1, we introduce scientific terminology for body parts, including genitalia; this supports children's body autonomy and safeguarding knowledge and lays the foundations for learning about puberty later. In Key Stage 2, pupils learn about body changes in puberty and how this links to the development of the egg and sperm, linking this to the conception of babies.

### **Parent/carer information session**

We would like you to be informed on the content of this part of the curriculum, so that you can also talk about it with your children and be a safe place to answer questions. Attached to this letter is a summary of the lesson content for each year group and a leaflet from Jigsaw PSHE.

We would also like to invite you to an information session in school with Mrs Hardy: there are two options - **Wednesday 4<sup>th</sup> June at 2:45 or Thursday 5<sup>th</sup> June at 5:30**.

**Please let us know if you will be attending the information session by clicking this link:**

<https://forms.gle/vk2H9nEjbX5C37a58>

This will support us to plan for the session.



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## **Right to withdrawal**

Lessons that cover Health Education, Relationships Education and the Science curriculum, for example puberty, are statutory and pupils cannot be withdrawn from this learning. However, lessons that cover Sex Education are non-statutory at primary school and parents/carers have the right to request that their child be withdrawn from this learning.

At St Helen's, our definition of sex education is human reproduction, i.e. lessons that refer to sexual intercourse. This content only occurs in the three lessons below:

- **Year 4:** 'Having a baby' - I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby
- **Year 5:** 'Conception' - I understand that sexual intercourse can lead to conception and that is how babies are usually made; I also understand that sometimes people need IVF to help them have a baby
- **Year 6:** 'Conception to Birth' - I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born

**Please email the school by Friday 13<sup>th</sup> June if you do not consent to your child(ren) participating in these specific lessons, stating your name, your child(ren)'s name(s) and their year group.**

As with everything, your conversations at home with your children about these topics will support and develop their understanding of the content they learn in school. Please do get in touch if you have any questions.

Yours sincerely



Kelvin Chappell  
Head of School



Helen Hardy  
Assistant Head Teacher, SENCO and PSHE lead



Class	Lesson title	Learning Intentions relating to Puberty and Human Reproduction
Reception	My Body	<ul style="list-style-type: none"> <li>I can name parts of the body.</li> </ul>
	Growing Up	<ul style="list-style-type: none"> <li>I understand that we all grow from babies to adults</li> </ul>
Year 1	Life Cycles	<ul style="list-style-type: none"> <li>I am starting to understand the life cycles of animals and humans</li> <li>I understand that changes happen as we grow and that this is OK</li> </ul>
	Changing Me	<ul style="list-style-type: none"> <li>I can tell you some things about me that have changed and some things about me that have stayed the same</li> <li>I know that changes are OK and that sometimes they</li> </ul>
	My Changing Body	<ul style="list-style-type: none"> <li>I can tell you how my body has changed since I was a baby</li> <li>I understand that growing up is natural and that everybody grows at different rates</li> </ul>
	Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</li> <li>I respect my body and understand which parts are private</li> </ul>
Year 2	Life Cycles in Nature	<ul style="list-style-type: none"> <li>I can recognise cycles of life in nature</li> <li>I understand there are some changes that are outside my control and can recognise how I feel about this</li> </ul>
	Growing from Young to Old	<ul style="list-style-type: none"> <li>I can tell you about the natural process of growing from young to old and understand that this is not in my control</li> <li>I can identify people I respect who are older than me</li> </ul>
	The Changing Me	<ul style="list-style-type: none"> <li>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>I feel proud about becoming more independent</li> </ul>
	Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus, breast, nipples) and appreciate that some parts of the body are private</li> <li>I can tell you what they like/don't like about being a boy/girl</li> </ul>
Year 3	How Babies Grow	<ul style="list-style-type: none"> <li>I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</li> <li>I can express how I feel when they see babies or baby animals</li> </ul>
	Babies	<ul style="list-style-type: none"> <li>I understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow (New vocab – uterus /womb)</li> <li>I can express how I might feel if they had a new baby in their family</li> </ul>
	Outside Body Changes	<ul style="list-style-type: none"> <li>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>I can identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)</li> </ul>
	Inside Body Changes	<ul style="list-style-type: none"> <li>I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period)</li> <li>I can recognise how I feel about these changes happening to me and know how to cope with these feelings</li> </ul> <p><b>Note – this lesson briefly introduces the term 'period' and explains what a period is in simple terms. This lesson does not attempt any explanation of how the sperm and egg come together. If a child asks the question we will explain that the male and female decide when this happens and we will learn more about it at another time.</b></p>



Class	Lesson title	Learning Intentions relating to Puberty and Human Reproduction
Year 4	Unique Me	<ul style="list-style-type: none"> <li>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</li> <li>I appreciate that I am a truly unique human being</li> </ul>
	Having A Baby <b>Parents have the right to withdraw children from this session as it is classed as human reproduction.</b>	<ul style="list-style-type: none"> <li>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby and explain in simple terms how this happens</li> <li>I understand that having a baby is a personal choice and express how they feel about having children when they are adults</li> </ul> <p><b>Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'</b></p>
	Puberty and Menstruation	<ul style="list-style-type: none"> <li>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li> </ul>
Year 5	Puberty for Girls	<ul style="list-style-type: none"> <li>I can explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>I understand that puberty is a natural process that happens to everybody and that it will be OK for me</li> </ul>
	Puberty for Boys	<ul style="list-style-type: none"> <li>I can describe how boys' and girls' bodies change during puberty</li> <li>I can express how I feel about the changes that will happen to me during puberty</li> </ul>
	Conception <b>Parents have the right to withdraw children from this session as it is classed as human reproduction.</b>	<ul style="list-style-type: none"> <li>I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby</li> <li>I appreciate how amazing it is that human bodies can reproduce in these ways</li> </ul>
Year 6	Puberty	<ul style="list-style-type: none"> <li>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>I can express how I feel about the changes that will happen to me during puberty</li> </ul>
	Babies – Conception to Birth <b>Parents have the right to withdraw children from this session as it is classed as human reproduction.</b>	<ul style="list-style-type: none"> <li>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</li> <li>I recognise how I feel when I reflect on the development and birth of a baby</li> </ul>
	Boyfriends and Girlfriends	<ul style="list-style-type: none"> <li>I understand how being physically attracted to someone changes the nature of the relationship</li> <li>I can express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this</li> </ul>