

# St Martin's Church of England Primary School

'Learning together, achieving together'



Executive Headteacher: Mrs Elliott

Head of School: Mrs Thomas

4<sup>th</sup> June 2025

Dear Parents and Carers,

## Relationships and Sex Education curriculum.

In Term 6, children throughout the school, will be having their RSE ( Relationships and Sex Education) Lessons as part of their weekly PSHE curriculum. This school year, we have continued to teach a PSHE (Personal, Social and Health Education) Programme across our school called 'Jigsaw, the mindful approach to PSHE'. The Term 6 unit is called Changing Me. Relationships and Sex Education (RSE) became statutory in schools from September 2021; we have been successfully following this scheme for several years. We follow the Government's Guidelines and this is reflected in our PSHE and RSE Policies. As a church school, we have also incorporated the latest Church of England requirements into our teaching programme.

The **Changing Me** Unit includes, in every year group, two or three lessons to help children **understand the changes puberty brings and how human reproduction happens**. This important learning also supports safeguarding.

Below is an outline of what will be taught in this Jigsaw PSHE unit throughout the school.

Reception	Growing up: how we have changed since we were babies.
Year 1	Boys' and girls' bodies; correct names for body parts, including genitalia.
Year 2	Boys' and girls' bodies; body parts (including genitalia) and respecting privacy (which parts of the body are private and why this is).
Year 3	How babies grow and how boys' and girls' bodies change on the outside as they grow older. (We <b>do not</b> cover inside body changes in Year 3 at St Martin's.)
Year 4	Internal and external reproductive body parts. Puberty and menstruation. How an egg and sperm make a baby ( without how). This unit includes animations.
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. This unit includes animations.
Year 6	Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. This unit includes animations.

*"though many we make up one" (1 Corinthians, 12:12)*

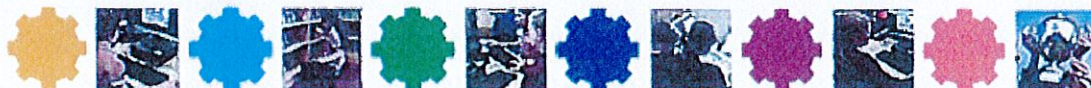
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**Puberty is part of statutory Health Education** and parents can not withdraw their children from these lessons.

Many aspects of life cycles and sex education are a part of the **science curriculum and this work is also statutory. Parents cannot withdraw their children from these Science lessons or objectives.**

**Primary Science Curriculum:**

Science in Key Stage 1	<ul style="list-style-type: none"><li>• identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</li><li>• notice that animals, including humans, have offspring which grow into adults</li></ul>
Science in Key Stage 2	<ul style="list-style-type: none"><li>• describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird</li><li>• describe the life process of reproduction in some plants and animals</li><li>• describe the changes as humans develop to old age</li></ul>

Sex Education / Learning is **non-statutory** and **parents have the right to withdraw their children** from this work. Please contact us if you wish to discuss this.

This is the Jigsaw programme of study for Sex Education within the Changing Me unit, which will be delivered in Term 6. More detail is on the first page of this letter.

Y5	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life
Y6	Conception to birth	The story of pregnancy and birth

If you have any concerns regarding any of this curriculum, please initially speak to or email your child's class teacher via the office, or contact me through the office.

To make the content of the RSE lessons more accessible for families, we have gained parent access to our online Jigsaw Portal which would give you access to view the content we will be delivering. **Please contact your child's class teacher by emailing the office to request a code to view this content**, which will then be 'Pinged' directly to you. If after viewing the online materials you would like to ask any questions, please contact the class teacher or myself. We cannot publish the codes in this letter due to careful rules set by Jigsaw.

Lessons will be taught from Wednesday, 11<sup>th</sup> June 2025. Classes with more than one year group will split so that this content will be delivered age appropriately.

Yours sincerely,

*L Hodge*

Miss L Hodge (PSHE lead)