



Holbeton Primary School

www.holbeton.devon.sch.uk



Monday 6th May 2024

PSHE – Relationship and Sex Education

Dear Parents,

This school year, we have been delivering the PSHE (Personal, Social and Health Education) Programme across our school called 'Jigsaw - the mindful approach to PSHE'. Since September, the 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.

After half term, all children will be following the Puzzle piece 'Changing Me'. The Changing Me Puzzle includes 2 or 3 lessons, in every class, to help children learn about relationships and understand how their bodies change as they grow.

Below is a summary of RSE coverage within the Jigsaw scheme for each year group. For the 'Changing Me' puzzle piece, lessons will be taught in single year groups to ensure the content is age appropriate.

- Foundation Stage - Growing up: how we have changed since we were babies
- Year 1 - Boys' and girls' bodies; naming body parts
- Year 2 - Boys' and girls' bodies; body parts 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 as they grow older
- Year 4 - Internal and external reproductive body parts, body changes in girls and menstruation
- Year 5 - Puberty for boys and girls, and conception
- Year 6 - Puberty for boys and girls and understanding conception to birth of a baby

Further information about how the school approaches the teaching of Relationships and Sex Education through the Jigsaw programme can be found within the documents listed below:

[RSE Jigsaw Guide for Parents](#)

['Changing Me' content grid](#)

The government has made Relationships Education and Health Education compulsory for all primary schools since September 2020. However, we wish to inform you that you have the right to request that your child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education.

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If you wish to withdraw your child, please inform your child's class teacher. We understand that you may have some questions or queries regarding the content of the lessons. Please speak to your child's class teacher if you would like to discuss any aspects in more detail. This information guide may be useful: [RSE Primary School Guide for Parents](#).

We hope you that you agree with us, that this work is vitally important for children, and it needs to be done age-appropriately. We feel that the Jigsaw Programme gives us a secure framework in which to do this. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, and will look forward to sharing them with you and answering any questions you may have.

Yours sincerely,

Mrs S Honywill

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Headteacher

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