



# Goodyers End Primary School

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Dear Parents/Carers

Please find below information about the Jigsaw Programme that as a school we have been using for the past year. Jigsaw, the mindful approach to PSHE (Personal, Social, and Health Education) is a teaching and learning programme, which includes the statutory RSHE (Relationships Education, Sex Education and Health Education) and has a strong focus on emotional and mental health and wellbeing.

## The Changing Me Puzzle is all about coping positively with change and includes:

- Reception - Growing up: how we have changed since we were babies.
- Year 1 - Boys' and girls' bodies; correct names for 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. Introduction to puberty and menstruation.
- Year 4 - Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- 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.
- Year 6 - Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

## Changing Me:

This is a unit of work which will take place for all children during Summer 2. Each year group will be taught appropriate to their age and stage, building on the previous years' learning. 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. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

If you have any questions regarding the Jigsaw Changing Me unit of study, please contact your child's teacher who will be happy to discuss this with you.

Many thanks for your continued support.

Yours faithfully

Miss Marsden  
PSHE Lead