

# Westacre Infant School



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## **Personal, Social, Health and Relationships Education**

Dear Parents and Carers,

At Westacre Infant School, we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw 'Puzzles'. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

At the end of the Summer Term we will be teaching the Relationships Topic. Relationships Education is statutory (DfE Guidance 2019) and parents cannot withdraw their children from it.

We develop positive relationships throughout the school year and through each Jigsaw Puzzle, but there is a more specific focus on this in this Unit of Work, with children learning about different relationships we have with our friends, family and communities and how these relationships change as we grow.

In the second half of the Summer Term we will be teaching the 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty in this Puzzle. In key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach when for this topic in PSHE this term.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, but as this refers to human reproduction and we believe it would not be appropriate to teach our infant children about this at this stage, the right to withdraw your child from Sex Education is not relevant to our PSHE curriculum.

### **What is taught when and what is considered to be Sex Education?**

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 lessons for each year group. Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class teachers. We will not teach beyond the remit of the year group. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

The table below only shows the lessons that relate to life cycles and the human body. There are no lessons on human reproduction (sex education) as we believe this would not be appropriate for the pupils in our school due to their age, but the learning about life cycles and their own bodies is a key part of the statutory health education that will support later learning in this area on puberty and sex education.

<b>Ages</b> <b>6-7</b> <b>Year 2</b>	<b>Lesson 1</b> <b>Life Cycles in Nature</b>	<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>
	<b>Lesson 2</b> <b>Growing from Young to Old</b>	<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>
	<b>Lesson 3</b> <b>The Changing Me</b>	<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>
	<b>Lesson 4</b> <b>Boys' and Girls' Bodies</b>	<ul style="list-style-type: none"> <li>• recognise the physical differences between boys (males) and girls (females), use the correct names for parts of the body (penis, testicles and vagina) and appreciate that some parts of the body are private</li> </ul>

### **We are eager to work in partnership with parents**

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope that the information we have provided is useful in understanding what your child will be learning before they break up.

If you have any further questions, please contact your child's teacher or me via the office.

Kind regards,

*A Edmunds*

Mr Edmunds

Headteacher