



23 May 2025

### **Information about Relationships and Health Education**

Dear Parents/Carers,

Relationships and Health Education is compulsory in all primary schools. (DfE Guidance 2019) At Ashford Church of England Primary School, we use Jigsaw, as our main 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).

In the first half of the Summer Term, the focus has been on teaching about relationships. 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 (including staying safe online), and how these relationships change as we grow. We are an inclusive school community that teaches about respect and tolerance and celebrates diversity. Please refer to our website for further information.

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. The content of these lessons is age appropriate and developmentally appropriate. It is taught sensitively and inclusively, with respect to the backgrounds and beliefs of our families.

### **Early Years and KS1**

In 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. This is also important to lay the foundations for learning about puberty later.

### **KS2**

In Key Stage 2 they will learn about puberty in this Puzzle, with lesson content being age appropriate and developmentally appropriate. There is a particular focus on the Health Education element of puberty in (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

As part of the science curriculum for upper KS2, children are taught about animal reproduction, a compulsory subject.

At Ashford Church of England Primary School, we believe children should understand the facts about human reproduction before they leave primary school.

We have therefore included a small amount of teaching about human reproduction within our PSHE scheme; 3 lessons in total- an introduction to human reproduction in Year 4 (Piece 2 "having a baby"), Year 5, Piece 4 "Conception", and Year 6 piece 3, "Babies, conception to birth". We define

conception as the act of sexual intercourse between two consenting adults, within a loving relationship. (Please refer to the table below)

### **The right to withdraw**

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These are the 3 lessons referenced above on human reproduction (please refer to the contents table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact your class teacher, Mrs Forster or Mrs Bailey so we can discuss the implications of withdrawing.

### **What will my child be taught about puberty and human reproduction?**

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 pieces (lessons). Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class teacher. 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/carer, or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

The table below only covers the lessons (pieces) that relate to life cycles, the human body, puberty and human reproduction. The 3 lessons (pieces) that parents are able to withdraw their children from are highlighted in red font.

### **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 next term.

Further information, including our Relationships and Health Education Policy, can also be found on our school website.

Should you have any question or concerns, please come and talk to your child's teacher.

Thank you again for your continued support,

Mrs A Forster (PSHE Lead)

Year group	Piece (lesson) Number and Name	Learning Intentions relating to Puberty and Human Reproduction
<b>Reception</b>	Piece 1- My Body	<ul style="list-style-type: none"> <li>I can name parts of the body.</li> </ul>
	Piece 3 – Growing Up	<ul style="list-style-type: none"> <li>I understand that we all grow from babies to adults.</li> </ul>
<b>Key Vocabulary:</b> Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories		
<b>Year 1</b>	Piece 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>
	Piece 2 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>
	Piece 3 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>
	Piece 4 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.</li> <li>I respect my body and understand which parts are private</li> </ul>
<b>Key Vocabulary:</b> Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping		
<b>Year 2</b>	<b>Piece 1 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>Piece 2 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>Piece 3 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>
	Piece 4 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, breast, nipples) and appreciate that some parts of the body are private</li> <li>I can tell you why its good to be me</li> </ul>
<b>Key Vocabulary:</b> Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy.		