



# BANWELL PRIMARY SCHOOL

**Belong Believe Achieve**

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4 June 2025

Dear parents & carers,

## **Relationships Education, Health Education and Sex Education**

During Term 6 we will be completing the above learning which is part of our whole school scheme of work for PHSE (Personal, Health, Social & Emotional Education). The unit of work is called "Changing Me".

The children may want to discuss what they learn about with you and of course, we would encourage this. They will also learn lots of new vocabulary which will be age-appropriate for the learning.

Whilst we would encourage all children to take part, you do have the right to opt your child out of the sex education part of lessons but they are required to be in for the relationships aspect of it.

The information on the second page of this letter illustrates the key themes that will be covered during this unit of work for each year group. Mixed year group classes will be taught year group specific content separately to each other. I am also attaching a parent / carers leaflet to this email which gives further information about the Changing Me unit of work.

If you have any questions about what the children will be doing or would like to view the materials please get in touch with your child's class teacher by Wednesday 11<sup>th</sup> June.

Best wishes,

Sarah Dockerty  
PHSE Lead



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

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental 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 agreed programme.

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

**Ages 3-5** Growing up: how we have changed since we were babies.

**Ages 5-6** Boys' and girls' bodies; correct names for body parts.

**Ages 6-7** Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

**Ages 7-8** How babies grow and how boys' and girls' bodies change as they grow older. Brief introduction to puberty and menstruation.

**Ages 8-9** Internal and external reproductive body parts. Recap about puberty and menstruation is revisited with more detail. Conception explained in simple terms.

**Ages 9-10** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

**Ages 10-11** 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. Each school will carefully check the content each year and make any adaptations they feel are appropriate in line with their policy.