

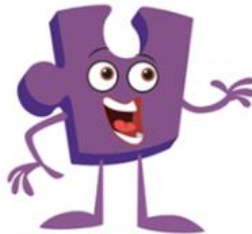


Monday 13<sup>th</sup> April 2026

Dear Parents and Carers,

As you know, we follow a PSHE (Personal, Social and Health Education) Programme across our school called *Jigsaw*, a *mindful approach to PSHE*. Each half-term a new Jigsaw piece is introduced across the whole school and each class carries out progressive lessons that are informative and age appropriate.

In each school year of Jigsaw we will solve 6 Puzzles:



Being Me in My World  
Celebrating Differences  
Dreams and Goals  
Healthy Me  
Relationships  
Changing Me

We will explore on puzzle across school each half term.

The lessons since September have built children's emotional literacy, self-esteem as well as their knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

The Summer Term puzzle pieces across the whole school are:

Summer 1 – **Relationships**

Summer 2 - **Changing Me**

In the first half of the Summer Term, we will be teaching the 'Relationships' puzzle piece. In this puzzle piece, children will learn about different relationships that they have with their friends, family and communities (including staying safe online). They will learn about how these relationships change as they get older.

In the second half of the Summer Term, we will explore the 'Changing Me' puzzle piece. The focus of this topic is to help children learn to cope positively with all sorts of change. In Key Stage 1 children will be introduced to scientific terminology for body parts, including genitalia, in order to lay the foundations for learning about puberty in later year groups. In Key Stage 2 children will learn about puberty at a level appropriate to their age. The 'Changing Me' topic includes a couple of lessons in each year group which teach the children to name body parts correctly, understand the changes that puberty brings and learn about the growth of babies into adults.

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Head of School: Mrs Amy Preece



**The content we teach is a statutory part of children's education and is in line with the government requirements for RSHE teaching. We do not teach about conception in RSHE sessions (this is not statutory).** Reproduction (humans and animals) is covered in Science lessons in Upper Key Stage 2. This is part of the Key Stage 2 Science National Curriculum and is therefore statutory.

The learning that takes place in RSHE sessions is vital part of children's development. We place great importance on ensuring that the content is taught at an age-appropriately level; the Jigsaw Programme gives us a secure framework in which to do this.

You can find more information about the specific curriculum coverage on the RSHE page on the school website. If you have any questions, or would like to discuss anything further, please do not hesitate to contact me or your child's class teacher.

Yours sincerely,

Paige Perrin  
RSHE Lead