



Elmwood Junior School

Headteacher: Mr Chris Marston BSc (Hons) PGCE NPQH

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Tuesday 6th June 2023

Relationships and Health Education

Dear Parents/Carers,

At Elmwood, our PSHE (Personal, Social and Health Education) curriculum is taught following a nationally recognised programme called 'Jigsaw'. The lessons since September have built children's emotional literacy, self-esteem, and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

The final unit of the Jigsaw programme for the Summer Term is called 'Changing Me'. The 'Changing Me' unit includes lessons to help children understand the changes puberty brings. The 'Changing Me' unit has a strong focus on emotional and mental health and wellbeing and are vital to support children's development, helping to safeguard them and to underpin their understanding of themselves as they grow and change.

From September 2020, Relationships and Health Education became **compulsory** in all primary schools in England. For primary aged children, this includes curriculum content under two headings:

Relationships Education	Health Education
Families and people who care for me Caring Friendships Respectful relationships Online relationships Being safe	Mental wellbeing Internet safety and harms Physical health and fitness Healthy eating Drugs, alcohol and tobacco Health and prevention Basic first aid Changing adolescent body

The lessons on the changing adolescent body falls within the statutory health education guidance and are therefore compulsory. We know that this needs to be done age appropriately and the Jigsaw programme gives us a clear and secure framework to do this. Lessons that discuss will be taught separately to boys and girls. A female member of staff will speak to the girls and, where appropriate, a male member of staff will be available to speak to the boys.





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Also due to the changes to the Relationships and Health Education, the government recommends that children should understand the facts about human reproduction before they leave primary school (sex education is compulsory at secondary school, so there is an expectation that children will be moving into Y7 with some knowledge). This will be covered in PSHE lessons in the second part of the summer term to **Y6 ONLY**. At Elmwood we believe it is more beneficial for children to learn about sex and relationships in a professional, sensitive, caring, and supportive environment, rather than through ill-informed and unhelpful sources on social media.

Parents/Carers have the right to request their child be withdrawn from the PSHE lesson that explicitly teaches human reproduction. If you intend to withdraw your child from this particular session, please let your Y6 class teacher know so that alternative provision can be made for your child. Please do remember that some content related to reproduction will also form part of our science lessons, which are statutory for all children.

We would like to invite Y6 parents to a meeting, to share the resources that we use with the children, on Thursday 22nd June at 3.30 in the school hall.

Yours sincerely,

Mrs Sebire
PSHE/RSE Lead

