20th May, 2024

Dear Parent/Carer,

**Jigsaw – Changing Me**

This year, we have continued to implement the Jigsaw PSHE (Personal, Social and Health Education) Programme in Year 5.

The lessons that your child has taken part in throughout the year have built their 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 Summer Term units are all about Relationships (unit 1) and Changing Me (unit 2) and they will cover all areas of statutory requirements for the delivery of Health and Relationship education which came into place for schools to follow from September 2020. The Changing Me unit includes lessons to help children understand the changes puberty brings and how human reproduction happens.

The teaching of Relationship and Sex Education within the context of Primary School PSHE includes the following aims:

* To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
* To help young people develop positive and healthy relationships appropriate to their age and development (respect for self and others).
* To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
* To empower them to be safe and safeguarded.

In Year 5, the following content will be taught to them in the summer term:

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| Puberty for girls | I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally. |
| Puberty for boys | I can explain how girls’ and boys’ bodies change during puberty. |
| Conception | I understand that sexual intercourse can lead to conception and that is how babies are usually made.  I also understand that sometimes people need IVF to help them have a baby. |
| Having a baby | I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.  I understand that having a baby is a personal choice and express how I feel about having children when I am an adult. |

If you would like to discuss the content of the Jigsaw Changing Me resource, please contact us.

Kind Regards,

The Year 5 team