



March 2026

Dear Parents/Carers,

Information about the Summer Term's Personal, Social, Health Economic - Education, which includes Relationships and Changing Me

At St Matthew's we use Jigsaw - the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Economic - Education). The programme consists of 6 half-term units, each with 6 lessons: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

Statutory Requirements:

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and must be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content.

We teach about developing positive relationships throughout the school year in both PSHE and in a more general way. In the 'Relationships' unit there is a more specific focus on this, 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.

In the second half of the Summer Term we will be teaching the 'Changing Me' unit. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty and in Key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and the rights given to parents to withdraw their child from Sex Education. Please refer to the table below for a more detailed overview. You can also refer to our PSHE policy, on our website, for further information.

We hope that the information we have provided is useful in understanding what your child will be learning in the Summer term. If you have any further questions, please feel free to ask.

Kind regards,

Mrs S Brown
PSHE Leader

Health, Relationship and Sex Education

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles.

In the Early Years and 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.

In Key Stage 2, 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.

Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum and at St Matthew's we deliver this in the Summer Term. Year 5 will also teach a human development module in Science which covers physical and emotional changes during puberty for both boys and girls and how we might manage them. The gestation period of humans is also taught, including the changes that a baby goes through as they grow in the womb.

The right to withdraw

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons 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 the head teacher 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 lessons. Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class/year teachers. 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 that relate to life cycles, the human body, puberty and human reproduction. The lessons that parents are able to withdraw their children from are highlighted in red font.

Year group	Lesson Number and Name	Learning Intentions relating to Puberty and Human Reproduction
Ages 4-5 EYFS	Lesson 1 My Body	<ul style="list-style-type: none"> I can name parts of my body – eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue toe, forehead, chest, hand, leg
	Lesson 3 Growing Up	<ul style="list-style-type: none"> I understand that we all start as babies and grow into children and then adults
Ages 5-6 Year 1	Lesson 1 Life Cycles	<ul style="list-style-type: none"> I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK
	Lesson 2 Changing Me	<ul style="list-style-type: none"> I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK
	Lesson 3 My Changing Body	<ul style="list-style-type: none"> I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates
	Lesson 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus I respect my body and understand which parts are private
Ages 6-7 Year 2	Lesson 1 Life Cycles in Nature	<ul style="list-style-type: none"> I can recognise cycles of life in nature I understand there are some changes that are outside my control and can recognise how I feel about this
	Lesson 2 Growing from Young to Old	<ul style="list-style-type: none"> I can tell you about the natural process of growing from young to old and understand that this is not in my control I can identify people I respect who are older than me
	Lesson 3 The Changing Me	<ul style="list-style-type: none"> I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I feel proud about becoming more independent
	Lesson 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus) and appreciate that some parts of the body are private I can tell you what I like/don't like about being a boy/girl, whilst understanding that they are all different.

Ages 7-8 Year 3	Lesson 1 How Babies Grow	<ul style="list-style-type: none"> • I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby • I can express how I feel when I see babies or baby animals
	Lesson 2 Outside Body Changes	<ul style="list-style-type: none"> • I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies • I can identify how boys' and girls' bodies change on the outside during this growing up process • I recognise how I feel about these changes happening to me and know how to cope with those feelings
	Lesson 3 Inside Body Changes	<ul style="list-style-type: none"> • I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/Ova, womb/uterus, vagina and period) • I recognise how I feel about these changes happening to me and know how to cope with these feelings
	Lesson 4 Keeping Ourselves Clean	<ul style="list-style-type: none"> • I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy • I know some simple ways of keeping clean which can keep me healthy and protect me from some infections • I have started to think about the ways to keep my body clean as I grow up and how I feel about this
Ages 8-9 Year 4	Lesson 2 Puberty and Menstruation.	<ul style="list-style-type: none"> • I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this • I have strategies to help me cope with the physical and emotional changes I will experience during puberty • Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.
	Lesson 3 Being Part of a Family	<ul style="list-style-type: none"> • I know there are many types of family and that often our family members form part of our inner circle • I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty • I recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this
Age 9-10 Year 5	Lesson 2 Puberty for Girls	<ul style="list-style-type: none"> • I can explain how girls' bodies change during puberty and understand the importance of looking after myself, physically and emotionally • I understand that puberty is a natural process that happens to everybody and that it will be OK for them
	Lesson 3 Puberty for Boys	<ul style="list-style-type: none"> • I can describe how boys' and girls' bodies change during puberty • I can express how I feel about the changes that will happen to me during puberty

	Lesson 4 Conception (Parents have the right to withdraw children from this session as it is classed as human reproduction.)	<ul style="list-style-type: none"> • 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 • I appreciate how amazing it is that human bodies can reproduce in these ways
	Lesson 5 Looking Ahead	<ul style="list-style-type: none"> • I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (includes clarification on standing up for self, how age restrictions are there to help you, the pressures of misleading media messages around romantic/physical relationships) • I am confident that I can cope with the changes that growing up will bring.
Age 10-11 Year 6	Lesson 2 Puberty	<ul style="list-style-type: none"> • I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • I can express how I feel about the changes that will happen to me during puberty
	Lesson 3 Babies – Conception to Birth (Parents have the right to withdraw children from this session as it is classed as human reproduction.)	<ul style="list-style-type: none"> • I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born • I recognise how I feel when I reflect on the development and birth of a baby
	Lesson 4 Attraction	<ul style="list-style-type: none"> • I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend. • I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to