

**BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY**

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7<sup>th</sup> May 2024

Dear Parents/Carers,

**YEAR 5 CHANGING ME PARENTS/CARERS WORKSHOP**

This school year we have been implementing the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE.

In Term 6, we will be delivering our Changing Me unit which covers puberty and sex education. We would like to invite you to attend a session at school in which we will give you a transparent and comprehensive picture of what we are planning to teach in Term 6.

**Date: Monday 13<sup>th</sup> May**

**Time: 3.25 p.m.**

**Venue: Year 5 Classroom**

Due to the nature of these sessions, it is not appropriate for children to attend. To enable as many parents and carers to attend as possible, we will provide childcare for any primary school age child in one of the classrooms in school; this will be supervised by a member of teaching staff.

As it is our first year transitioning to the new Jigsaw materials, the children will be covering content in this Changing Me unit that will ordinarily be covered in Years 3, 4 and 5 to ensure that there are no gaps in essential knowledge. The outline for this year can be viewed overleaf.

We hope you agree with us that this work is vitally important for children. However, we do as always want to work in partnership with parents and carers, and also wish to inform you of your legal right to withdraw your children from some aspects of this work. Relationships Education and Health Education are statutory for all primary schools. We would value the opportunity to share the statutory requirements with you so you are clear about the curriculum we intend to teach the children, why we feel this is so important, and also the aspects parents/carers have the right to withdraw their children from.

We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, helping to safeguard them. We look forward to sharing them with you and answering any questions you may have.

Yours sincerely

*The Year 5 and PSHE Team*

Year 3 Outside Body Changes	<ul style="list-style-type: none"> <li>• understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</li> <li>• identify how boys' and girls' bodies change on the outside during this growing up process.</li> <li>• recognise how they feel about these changes happening to them and know how to cope with those feelings.</li> </ul>
Year 4 Inside Body Changes	<ul style="list-style-type: none"> <li>• 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 sperm, ovaries, egg, ovum/ova, womb/uterus, vagina and period).</li> </ul> <p>Note:</p> <ul style="list-style-type: none"> <li>• this lesson briefly introduces the term 'period' and explains what a period is in simple terms.</li> <li>• This lesson does not attempt any explanation of how the sperm and egg come together. If a child asks the question we will explain that the male and female decide when this happens and we will learn more about it at another time.</li> <li>• recognise how they feel about these changes happening to them and know how to cope with these feelings.</li> </ul>

Year 4 Having a Baby	<ul style="list-style-type: none"> <li>• correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</li> <li>• understand that having a baby is a personal choice and can express how they feel about having children when they are adults.</li> </ul> <p>Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'</p> <p>This is classified as a Sex Education lesson outside of the Statutory Health Education elements so the option is available to withdraw your child from this lesson should you choose to do so.</p>
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Year 4 Puberty and Menstruation	<ul style="list-style-type: none"> <li>• describe how a girl's body changes in order for her to be able to have babies.</li> <li>• when she is an adult, and that menstruation (having periods) is a natural part of this.</li> <li>• have strategies to help themselves cope with the physical and emotional changes they will experience during puberty.</li> </ul> <p>Note - teachers will also recap the puberty learning for both girls and boys from year 3 content and revisit some of this if required.</p>
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Year 5 Self and body image	<ul style="list-style-type: none"> <li>• aware of my own self-image and how my body image fits into that.</li> </ul>
Year 5 Looking Ahead 2	<ul style="list-style-type: none"> <li>• identify what I am looking forward to when I move to my next class.</li> </ul>