BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY
Executive Headteacher: Mrs L Jordan
Email: BEP.enquiries@abbeyacademies.co.uk
Sandown Drive **Tel: 01778 426968**
Bourne

28th April 2026

Dear Parents and Carers,

YEAR 5 CHANGING ME PARENTS/CARERS WORKSHOP

-

The Term 6 Jigsaw unit, *Changing Me*, helps children understand the changes that occur during puberty and introduces how human reproduction happens. This unit includes important safeguarding elements and is taught progressively across the school in an age-appropriate way, ensuring children leave primary school with the essential statutory knowledge. Below is an overview of the unit of lessons.

Relationships Education and Health Education are statutory in all primary schools. We would like to invite you to a session where we will clearly explain what will be taught, why it is important, and which aspects parents/carers have the right to withdraw from.

Parent/Carer Information Session
Date: Monday 11th May
Time: 3:30 p.m.
Venue: Year 5 classroom

Due to the nature of the content, this session is for adults only. Childcare will be available for primary-aged children and supervised by a member of staff.

This unit includes one lesson classified as sex education, which is outside the statutory curriculum. Parents/carers have the legal right to withdraw their child from this lesson. If you are considering this, we recommend attending the session and speaking with your child's class teacher about the withdrawal process.

We recognise that parents and carers play a vital role in supporting children's understanding of these topics. Your child may have questions at home, and this is a positive sign of engagement.

We hope you will find the Jigsaw materials beneficial in supporting children's understanding, wellbeing, and safety, and we look forward to sharing them with you and answering any questions.

The Year 5 and PSHE Team

Year 5	Piece 1 Self-image and body-image	• aware of my own self-image and how my body image fits into that • know how to develop my own self esteem
	Piece 2 Puberty for Girls	• explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally • understand that puberty is a natural process that happens to everybody and that it will be OK for them **This lesson also covers National Curriculum science to describe the life process of reproduction in some plants and animals, including humans.** Animation A (female) ages 7-9 **Overview of lesson** Children learn in detail about the menstrual cycle, understanding how the female body prepares monthly for potential pregnancy and how this results in menstruation when an egg isn't fertilised. They explore the female reproductive system including ovaries, fallopian tubes, womb and how hormones like oestrogen control the cycle. The lesson introduces different period products including

		menstrual pads, period pants, tampons and menstrual cups, with particular focus on external products most suitable for younger girls. Children learn strategies for managing emotions during puberty, understanding that feeling embarrassed or anxious about body changes is natural. The lesson addresses common worries about periods, explains school procedures for accessing period products, and reinforces that menstruation is a normal, healthy process affecting all females during puberty years.
	Piece 3 Puberty for Boys	• describe how boys' and girls' bodies change during puberty • express how they feel about the changes that will happen to them during puberty **This lesson also covers National Curriculum science to describe the life process of reproduction in some plants and animals, including humans.** Animation E (male) ages 7-9 **Overview of lesson** This lesson focuses on physical and emotional changes boys experience during puberty. Children learn about the male reproductive system including testicles, scrotum, epididymis and penis, understanding how testosterone triggers puberty changes such as sperm production, voice deepening, facial and body hair growth, and increased muscle development. The lesson explains erections and wet dreams as natural aspects of male puberty, emphasising individual variation in timing and development. Children create leaflets for younger pupils addressing common worries about puberty, helping them consolidate their understanding whilst developing empathy. The lesson acknowledges that hormonal changes affect emotions and mood swings for both boys and girls, reinforcing the importance of talking to trusted people about feelings and concerns.
	Piece 4 Conception	• understand that sexual intercourse can lead to conception and that is how babies are usually made • understand that sometimes people need IVF to help them have a baby • appreciate how amazing it is that human bodies can reproduce in these ways **Overview of lesson** This sex education lesson teaches children how babies are conceived through sexual intercourse whilst acknowledging alternative routes to parenthood. Children explore different types of relationships and use diamond ranking to prioritise considerations before having a baby, discussing factors like financial stability, loving relationships and readiness for responsibility. The lesson explains conception as the fertilisation of an egg by sperm during sexual intercourse, emphasising this occurs between consenting adults in loving relationships, with the age of consent being 16 in England. Children learn that contraception exists as a way to prevent pregnancy and that there are fertility treatments for those who need medical assistance to conceive. Through card sorting activities, children consolidate understanding of pregnancy development over nine months, learning about the embryo's growth in the womb connected via umbilical cord. The lesson ensures all children feel valued regardless of how they were conceived. **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.** Animation C (female) ages 9-11 Animation H (male) ages 9-11
	Piece 5 Looking Ahead 1	• identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) • being confident in coping with the changes that growing up will bring
	Piece 6 Looking Ahead 2	• identify what I am looking forward to when I move to my next class • start to think about changes I will make next year and know how to go about this