BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Bourne

28th April 2026

Dear Parents and Carers,

YEAR 6 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. Overleaf 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 18th May 2026
Time: 3:30 p.m.
Venue: Year 6 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 6 and PSHE Team

Year 6	Piece 1 My Self 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	• explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • 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 A (female) ages 7-9 Animation E (male) ages 7-9
	Piece 3 Babies - Conception to Birth	• describe how a baby develops from conception through the nine months of pregnancy, and how it is born • recognise how they feel when they reflect on the development and birth of a baby **Overview of lesson** This sex education lesson teaches children about conception through to birth. Children discover facts about foetal capabilities including hearing, responding to light and recognising voices as part of the nine month pregnancy journey as babies develop from embryo to foetus, connected to the mother through the placenta and umbilical cord. Children learn about labour, contractions and birth through the vagina, and that some babies are born by Caesarean sections. Activities include sequence conception to birth cards and discussing the mixed emotions parents experience, from joy and pride to exhaustion and anxiety, helping children appreciate the miraculous yet commonplace nature of human reproduction. Animation C (female) ages 9-11 Animation H (male) ages 9-11 **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.**
	Piece 4 Boyfriends and Girlfriends	• understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend • 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
	Piece 5 Real Self and Ideal self	• aware of the importance of a positive self-esteem and what I can do to develop it • express how I feel about my self-image and know how to challenge negative 'body-talk'
	Piece 6 The Year Ahead	• identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class