

Rishton Methodist Primary School

George Street, Rishton, Blackburn, BB1 4JF
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Headteacher- Mrs D Higgins

“Rise up ... take courage and do it” Ezra 10:4

12 May 2024

Information about this term’s Personal, Social, Health Education, which includes Relationships and Changing Me

Dear Parents/Carers,

At Rishton Methodist School we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw ‘Puzzles’. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Changing Me and Relationships).

We develop positive relationships throughout the school year and through each Jigsaw Puzzle, but there is a more specific focus on this in this Unit of Work, 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 ‘Changing Me’ Puzzle we help children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty in this Puzzle. 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 what we plan to teach when for this topic in PSHE this term.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is and how you can find out more about this if you wish to. In our Rishton Methodist Scheme of work, we have made slight changes to ensure all content taught from year R to Year 5 links to the science national curriculum, children cannot be removed from lessons that fall under the this science curriculum.

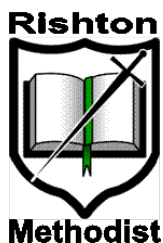
Health, Relationship and Sex Education

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.





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In Key Stage 2, there is a particular focus on the Health Education element of puberty 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.

The right to withdraw

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These are only present in the Year 6 Curriculum and the following lessons are detailed below.

Age 10-11 Year 6	Piece 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 emotionallyI can express how I feel about the changes that will happen to me during puberty
	Piece 3 Babies – Conception to Birth	<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 bornI recognise how I feel when I reflect on the development and birth of a baby
	Piece 4 Attraction	<ul style="list-style-type: none">I understand how being physically attracted to someone changes the nature of the relationshipI can express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this

We are eager to work in partnership with parents

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope that the information we have provided is useful in understanding what your child will be learning this term.

Please refer to our PSHE curriculum for further information.

If you have any further questions, please contact your child's teacher or me via the office.

Kind regards,

Mr Sean Steele

*“Rise uptake courage and do it”
Ezra 10:4*

