



June 2026

Information about PSHE, which includes Relationships and Sex Education

Dear Parents/Carers,

The purpose of this letter is to inform you of the statutory requirements placed on schools and clarify what we plan to teach in PSHE lessons this term.

At SSJS we use Jigsaw as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 units, each with 6 lessons. We call these Jigsaw 'Puzzles'. This term, we will be teaching the 'Changing Me' Puzzle, which helps children learn to cope positively with all sorts of change, including puberty.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and there will be one lesson this term (taught in week 2) to which this will apply.

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.

Throughout Key Stage 2, there is a particular focus on the Health Education element of puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared before puberty starts, and encourages them to talk to an adult at home or at school if they have any questions.

The Jigsaw scheme says that it is best practice for children to be taught RSE in mixed groups, as it is important for boys and girls to know about the changes that will be ahead during puberty for both groups.

Children will be taught appropriate to their age and developmental stage. This content will be taught by the class/year teachers and 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 may simply acknowledge the question and explain that we will learn about that aspect at another time.

The right to withdraw

As parents, you have the right to withdraw your child from the non-statutory elements of our teaching. In year 4, this applies to the lesson on **human reproduction**, which will take place in **week 2** of this term (please refer to the contents table below). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation) but we do know that children are likely to come home with more questions and so it is important that you are aware of when they are taking place.

	<i>Piece (lesson)</i>	<i>Learning Intentions relating to Puberty and Human Reproduction</i>
Ages 8-9 Year 4	Piece 1 Unique Me	<ul style="list-style-type: none"> understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.



	<p>Piece 2 Having A Baby.</p>	<ul style="list-style-type: none"> • correctly label the internal and external parts of male and female bodies that are necessary for making a baby and in simple terms how this happens. • understand that having a baby is a personal choice and express how they feel about having children when they are adults. • 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>Piece 3 Girls and Puberty</p>	<ul style="list-style-type: none"> • 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. • know that they have strategies to help me cope with the physical and emotional changes they 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.

We are eager to work in partnership with parents

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

If you have any further questions or would like to view materials that will be used to teach these lessons, we will be available on Wednesday 3rd June from 3.20-4. Please let your child's teacher know that you would like to attend. If this time is not convenient, you can request an alternative meeting via dojo or the school office.

Please be aware that your child may ask you questions on what they have learnt. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

If you do choose to withdraw your child from the human reproduction lesson, please fill in the attached form and return it to the school office.

Yours faithfully

Mr Parkin
PSHE / RSE Lead

