

Dear Parents/Carers

You will be aware that, as part of your child's educational experience at St Martins we aim to support your child in developing as individuals who are respectful, friendly and we positively promote the children's self-respect, confidence, creativity, independence and social skills. As a team we are proud that we promote self-discipline and a sense of responsibility; encouraging children to care for themselves and others. Part of the way that we do this is through a comprehensive taught programme of Personal, Social, Health and Economic Education (PSHE) education which supports our young people to develop the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives and support them to make their own decisions, both now and in the future.

New PSHE guidance

From September 2020, the Department for Education has made parts of the content statutory in Relationships, Sex and Health Education. At St Martins we have been teaching PSHE consistently now for many years using the Jigsaw curriculum programme, a nationally recognised curriculum package for primary PSHE which is aligned with the DfE guidance. Previously, parents have had the right to withdraw their children from particular PSHE content. Due to the new guidance, some of the content is now statutory.

The new guidance focuses upon healthy relationships and keeping children safe in the modern world. The curriculum covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. The curriculum is designed to support children to learn about the emotional, social and physical aspects of growing up in a modern and diverse world. It is designed to give young people the information, and help them to develop skills and positive values to have safe, fulfilling relationships and to take responsibility for their own wellbeing.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover **Families and people who care for me, Caring friendships, Respectful relationships, Online relationships, and Being safe.**

The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education which you can be found on our school website. It is important to explain that whilst the Relationships unit in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover **Mental wellbeing, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, Health and prevention, Basic First Aid, Changing adolescent body.** The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is also explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education which can be found on our school website. Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit). Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. However, 'Sex Education is not compulsory in primary schools'. (p. 23) Schools are to determine the content of sex education at primary school. Sex education 'should

ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born’.

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” DfE Guidance p.17. At St Martins, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the ‘Changing Me’ unit. We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this.

Further information about what will be taught specifically in each year group is outlined below for **Health Education** taught in Summer 2:

| Year Group | Statutory – children must learn | Not statutory – parents have the right to withdraw their child from these lessons |
|------------|--|---|
| Year 1 | <p>My Changing Body = Understanding that growing and changing is natural and happens to everybody at different rates</p> <p>Boys’ and girls’ bodies = Appreciating the parts of the body that makes us different and using the correct names for them</p> | |
| Year 2 | <p>The Changing Me = Where am I on the journey from young to old, and what changes can I be proud of?</p> <p>Boys and girls = Differences between boys and girls – how do we feel about them? Which parts of me are private?</p> | |
| Year 3 | <p>Outside body changes = How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them</p> <p>Inside body changes = How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorted version of female and male reproductive system)</p> | |
| Year 4 | <p>Girls and puberty = How a girl’s body changes so that she can have a baby when she’s an adult – including menstruation (animations used – the female reproductive system)</p> | <p>Having a baby = The choice to have a baby, the parts of men and women that make babies and in simple terms how this happens (animals used – the female reproductive system)</p> |

| | | |
|--------|--|---|
| Year 5 | <p><u>Puberty for girls =</u> physical changes and feelings about them – importance of looking after yourself (animations used – the female reproductive system)</p> <p><u>Puberty for boys =</u> developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the male reproductive system)</p> | <p><u>Conception =</u> understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – female and male reproductive systems)</p> |
| Year 6 | <p><u>Puberty =</u> consolidation understanding of physical and emotional changes and how they affect us (animations used – female and male reproductive systems)</p> <p><u>Girl talk/boy talk =</u> A chance to ask questions and reflect</p> | <p><u>Conception to birth =</u> the story of pregnancy and birth (animations used – female and male reproductive systems)</p> |

All of the sessions will be age-appropriate and meet the needs of all pupils in the classroom.

I hope this document helps you to understand the changes in the PSHE curriculum. Thank you for supporting us here at St Martins.

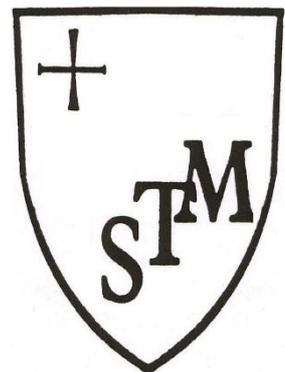
Kind regards,

Mrs Harvey-Jones

(Written Tuesday 16th March 2021)

Jigsaw PSHE documents needed to explain this policy: (on school website)

- Jigsaw 3-11 and statutory Relationships and Health Education (mapping document)
- Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?



**Caring, Learning
and Smiling Together**