



# Holy Trinity Church of England Primary School

Excellence in how we worship, learn and work together

Curiosity Hope Empathy RESILIENCE CREATIVITY Happiness

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Dear Parents and Carers,

Next term, as a part of our statutory Relationships and Health Education provision, lessons in PSHE will cover the curriculum content that includes puberty and human reproduction.

Health Education includes learning about 'the changing adolescent body' to equip children to understand and cope with puberty. Science (also a compulsory subject), includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age and reproduction in some plants and animals (which could include human beings).

Relationships Education, Health Education and Science are compulsory subjects and parents/carers do NOT have the right to withdraw their children from these subjects.

### What will my child actually be taught about puberty and human reproduction?

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

**Reception** - Growing up: how we have changed since we were babies.

**Year 1** - Boys' and girls' bodies; correct names for body parts.

**Year 2** - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

**Year 3** - How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

**Year 4** - Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

**Year 5** - Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

**Year 6** - Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.



In keeping with the Department for Education's request that schools share PSHE/RSE materials with parents, we are providing an overview of the learning for next term's 'Changing Me' puzzle.

If you would like more information about the RSE lessons that your child will be taught, please contact us by email at [admin@holytrinity.lambeth.sch.uk](mailto:admin@holytrinity.lambeth.sch.uk) to set up an appointment to come in to school to see your child's lesson plans and presentations.

When your child returns to school, after the half term break, you will receive a timetable, which will highlight the day they will have their PSHE/RSE lessons.

Be sure to contact us with any further questions that you may have.

Kind regards,

Tricia Hall

PSHE-RSE Coordinator

