



5th June 2025

Dear Parents/Carers,

At Houghton School we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education) in our formal curriculum offer. 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, Relationships and Changing Me.)

In the first half of the Summer Term we taught the 'Relationships' Puzzle. During this Unit of Work, the children learnt about different types of relationships we have with our friends, family, and communities (including staying safe online), and how these relationships change as we grow.

In the second half of the Summer Term, we will be teaching the 'Changing Me' Puzzle. This helps the children learn to cope positively with all sorts of changes as well as covering Relationship, Sex and Health Education (RSHE). As with all Jigsaw Units, the content is age appropriate and the scheme is adapted to meet the needs and understanding of the children, whilst delivering the necessary content for their age. The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and the younger year groups are not looking at these issues directly but rather learning correct terminology for body parts and doing the foundation work for later year groups. The Years 5 and 6 lessons look more at puberty and human reproduction. Within school, the correct terminology is used as standard so this will not be new information for the children in any of the classes.

We hope you will agree with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this. However, we do as always want to work in partnership with parents and carers and also wish to inform you of your legal right to withdraw your children from some aspects of this work. Parents/Carers have the right to request to withdraw their child/children from Sex Education lessons that cover human reproduction. The learning that children can be withdrawn from is highlighted in red in the table below. Children are unable to withdrawn from lessons within Relationship and Health Education, including puberty and menstruation. As always, the Jigsaw scheme is adapted to meets the needs and understanding of the children, whilst delivering the necessary content for their age. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, helping to safeguard them, and will look forward to sharing them with you and answering any questions you may have.

Thank you for your continued support. Should you have any other questions, please don't hesitate to get in contact with myself or your child/children's class teacher.

Naomi Howard

PSHE Subject Lead

Changing Me Unit Coverage

Class 1	My Body Growing Up	<ul style="list-style-type: none"> I can name parts of my body I understand that we all grow from babies to adults
Class 2	Life Cycles Changing Me Changing Body Boys and Girls Bodies	<ul style="list-style-type: none"> I am starting to understand life cycles of animals and humans I understand that changes happen as we grow and this is okay I can share things about me that have changed I can share how my body has changed since I was a baby I understand that growing up is natural I can identify the parts of the body that makes girls and boys different and use their correct names I understand which parts of my body are private <p><i>Vocabulary: penis, testicles, vagina, vulva, anus</i></p>
Class 3	Life Cycles in Nature Growing From Old to Young Changing Me Boys and Girls Bodies	<ul style="list-style-type: none"> I can recognise life cycles in nature I understand that some changes are outside of my control I can share the process of growing from young to old I can recognise how my body has changed since I was a baby I can recognise the physical differences between boys and girls and use their correct names <p><i>Vocabulary: penis, testicles, vagina, vulva, anus, breast, nipples</i></p>
Class 7 Class 8 Class 10	How Babies Grow Babies Outside Body Changes Inside Body Changes	<ul style="list-style-type: none"> I understand that in animals and humans lots of changes happen from birth to fully grown I understand that it is usually the female who has the baby I understand how babies grow and develop in the mother's uterus and what a baby needs to live and grow I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during puberty I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up I can recognise how I feel about changes happening to my body <p><i>Vocabulary: uterus /womb, puberty, sperm, ovaries, egg, ovum, womb, uterus, period. Children are briefly introduced to the term 'period'. Children are not given any explanation of how the sperm and egg come together. If children ask questions regarding conception; we will explain that males and females decide when this happens, and they will learn more when they are older.</i></p>
Class 11 Class 12 Class 14	Puberty for Girls Puberty for Boys	<ul style="list-style-type: none"> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally I understand that puberty is natural and happens to everybody I can express how I feel about the changes that will happen to me during puberty
	Conception (Withdrawal optional)	<ul style="list-style-type: none"> I understand that sexual intercourse can lead to conception, and this is how babies are usually made

Children in Class 6 will follow the Unit that is appropriate for their age. This will mean that some children will be taught in smaller groups or alongside other classes.