



1st June 2026

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 Years 5 and 6 lessons teach the children more about 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 The learning that children can be withdrawn from is highlighted in red in the table below. Children are unable to be withdrawn from lessons within Relationship and Health Education, including puberty and menstruation. As always, the Jigsaw scheme is adapted to meet 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 6	Puberty for Girls	<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
Class 10	Puberty for Boys	
Class 12		
Class 14	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

PLEASE RETURN TO SCHOOL BY MONDAY 8th JUNE

CONSENT / WITHDRAWAL FORM – Relationship, Sex and Health Education
'Changing Me' Unit

Pupil Name:

Class:

- I/We give consent for my child to take part in the 'Changing Me' unit.
- I/We would like to **withdraw** my child from lessons within the 'Changing Me' unit.

Signed: (Parent/Carer)

Date: