



1st June 2026

Dear Parents/Carers,

At Houghton School we use the Equals curriculum within our Semi-Formal classes to teach PSHE (Personal, Social, Health Education) through lessons called 'My Well-Being'. During the Summer Term, the children focus on Relationship, Sex and Health Education (RSHE). Within these lessons, the Equals curriculum covers Knowing My Body, Knowing Me, Private and Public, Touching and Allowing Others to Touch me and Forming Relationships. The children work through these topics at a pace dictated by their learning and understanding.

In our Formal classes we use Jigsaw, the mindful approach to PSHE, as our curriculum offer. For those children in Semi-Formal classes in Years 5 and 6, our curriculum offer includes a combination of these two approaches in order to ensure appropriate age-related coverage of Relationship, Sex and Health Education (RSHE) through the Jigsaw content covered during our 'Changing Me' lessons.

Combining these two approaches helps the children learn to cope positively with all sorts of changes as well as covering content that is age appropriate, whilst being adapted to meet the needs and understanding of the children. The Changing Me lessons include lessons to help children understand the changes puberty brings. There is a very serious safeguarding aspect to this work and children learn correct terminology for body parts. 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 combining the Equals and Jigsaw Programmes gives us a secure framework in which to do this. Parents and carers have a legal right to withdraw their children from some aspects of the work in Sex Education lessons that cover human reproduction. Children are unable to withdraw from lessons within Relationship and Health Education, including lessons on puberty and menstruation. Children are therefore unable to be withdrawn from lessons they will be completing within 'My Well-Being' as these do not cover human reproduction. We hope you, like us, will see the materials 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

Jigsaw Changing Me Unit Coverage

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
Puberty for Boys	<ul style="list-style-type: none"> ● 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