



Pocklington Community Junior School

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Sex and Relationships Education Summer Term 2022

After half term, all year groups will, as part of their ongoing weekly PSHE (personal, social, health Education), be learning about change to the human body.

We currently teach all of our PSHE through a very comprehensive and age- appropriate scheme, called JIGSAW. Lots of information about this can be found on our school website, including the approach, an overview of what is taught in every unit, together with our school's PSHE policy.

The reason that I am writing to you about this particular aspect of PSHE, is because it forms part of the Government's new Sex and Relationship Policy which was made statutory in all schools from September 2020. This policy goes beyond what has historically been taught in primary schools.

Statutory Relationships and Health Education

"The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools."

(DfE Guidance p.8)

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society."

(Secretary of State Foreword DfE Guidance 2019 p.4-5)

What will my child be taught in the Changing Me Unit next Half Term?

The concepts taught are all part of a progressive, well-structured programme that builds on knowledge and understanding each year, throughout school.

We realise that there may be parents who feel that their child is too young to learn about changing bodies, conception and consent and may worry that by learning about it, their children may be forced to grow up too quickly and potentially be influenced to experiment. Research has shown that, where children are taught about these things in a controlled and safe environment, at an earlier age, it helps them to understand how to grow up safe and healthy and be able to understand how to look after themselves. Equally importantly, it prevents children being misinformed in an attempt to seek information through their peers or online.

Below is an outline of the content for the different year groups:

Years 3 and 4	Year 5	Year 6
How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing to move to my new class	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing to move to my new class	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Transition to Secondary school

At the end of this letter, there is further information about the content of each lesson.

If you would like to discuss the lesson contents in more detail, please ask to speak to your child's class teacher.

Does my Child have to Attend these Lessons?

Puberty:

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. In Jigsaw this is taught as part of the Changing Me Unit. For this reason, children may not be withdrawn from these lessons.

Sex Education:

It is statutory as part of the National Science Curriculum, that Year 5 children are taught how to, "describe the changes as humans develop to old age." This involves understanding puberty and human reproduction. The curriculum provided by Jigsaw complements this knowledge and builds on it in an age appropriate way. This content is highlighted in red in the table above.

The Year 6 Jigsaw content, (in red) is part of the same age-appropriate, spiralling curriculum which leads naturally into and further builds on the Year 5 content.

Whereas parents may choose to withdraw their children from the Year 6 lesson (in red), full consideration should be given to the impact that this will have on children's ability to fully understand and benefit from the full PSHE programme.

Parents who have a concern about their child following any of the lessons in red should contact the school to discuss their worries. If parents still wish to withdraw their child from the above-mentioned content, please inform the head of school in writing.

How Will I Know When my Child is Being Taught Each Lesson?

All year groups will commence the unit, Changing Me, next half term. There will be six lessons in total which can be found on the following pages. These lessons are taught weekly, in the order they appear and will begin in week one (wk 7th June 2021).

Years 3 and 4

Lesson	PSHE Learning Outcomes
1.How babies grow	To understand that in humans and animals, lots of changes happen between birth and growing up and that it is usually the female that has the baby.
2.Babies	To understand that some animals' babies develop outside the mother's body but in humans, babies grow and develop in the mother's uterus.
3.Outside body changes	To understand that boys' and girls' bodies need to change so that when they grow up their bodies are able to make babies. To understand how boys' and girls' bodies change on the outside during this growing up process.
4. Inside body changes	To understand how boys' and girls' bodies change on the inside during this growing up process.
5. Family stereotypes	To begin to understand stereotypical ideas about parenting and family roles.
6.Looking ahead	To think about moving to a new class in September and what might be the same and different.

Year 5

Lesson	PSHE Learning Outcomes
1.Self and body image	To be aware of self-image and body image and how the two are inter-connected.
2.Puberty for girls	To understand how a girl's body changes during puberty and how to look after your body both physically and emotionally.
3.Puberty for boys	To understand how boys' and girls' bodies change during puberty.
4. Conception	To understand that sexual intercourse can lead to conception and this is usually how babies are made. To understand that sometimes people need IVF to help them have a baby.
5. Looking ahead 1	To identify what they are looking forward to about becoming a teenager and understand that with growing age comes responsibility (age of consent).
6. Looking ahead 2	To think about moving to a new class in September and what they are looking forward to.

Year 6

Lesson	PSHE Learning Outcomes
1.My self- image	To be aware of self-image and body image and how their own body fits into this.
2.Puberty	To understand how a girl's body changes during puberty and how to look after your body both physically and emotionally.
3.Babies; conception to birth	To understand how a baby develops from conception through the nine months of pregnancy and how it is born.
4. Boyfriends and girlfriends	To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend or boyfriend.
5. Real self and ideal self	To be aware of the importance of positive self-esteem and how to develop it.
6. The year ahead	To identify the things that are exciting and any worries they may have about the move to secondary school.

I hope that this information will help you understand more about the content of your child(ren)'s PSHE lessons and equip you with the knowledge to talk to them about their learning either before or after each lesson. If you have any further questions, please do not hesitate to contact me.

Kind regards,
Mr Dan Morrison
Head of School