



Monday 19th May 2025

Information Regarding: This term's Personal, Social, Health Education (PSHE) including 'Changing Me.'

Dear Chiltern Families,

We use 'Jigsaw' - a specialist in PSHE lessons, to teach our pupils. After the half-term holiday, we will be teaching 'Changing Me'. This helps children to learn about how they will change as they grow up. In Years 1 and 2 the names of body parts are learned and in Years 3, 4, 5 and 6 they will learn about Puberty.

This letter is to let you know the legal requirements placed on schools and what we plan to teach for this term, explains what Sex Education is and how you can find out more about this. Please note, families have the right to remove their child from Sex Education.

Health, Relationships and Sex Education

Health and Relationship Education must be taught in all primary schools and it is recommended that all primary schools have a Sex Education programme that is matched to the age of the pupil.

The Health and Relationship content runs through all areas, with more focus in the 'Healthy Me' lessons.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some words for the body parts, such as those we might use if we needed to talk to a Nurse or a Doctor.

In Key Stage 2, there is a focus on the Health Education part of Puberty, including menstruation and the changes that happen inside and outside of the body. This is taught in a way that should help pupils feel prepared for the main changes that happen before they happen and to encourage them to talk to an adult at home or at school if they have any questions.

'Sex Education' is about human reproduction and is part of the 'Changing Me' work. Animal reproduction is a part of the Year 5 Science curriculum.

The Right to Remove Your Child

You can remove your child from the lessons on human reproduction, you cannot withdraw your child from any lessons in Relationship and Health Education - this includes puberty and menstruation.

If you wish to remove your child from the human reproduction lessons, please contact the class teacher and we can discuss this with you.

Puberty and Human Reproduction

'Changing Me' is a total of six lessons. Each year group will be taught in a way that suits their age and developmental stage. This will be taught by the class teachers. If children ask questions that the teacher feels are not right for their age or are not part of the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may explain that will be learned at another time.

The table below shows the lessons that children can be removed from. A text will be sent closer to the time to inform you of when these lessons will take place.

Ages 8-9 Year 4	Piece 2 Having A Baby Families have the right to withdraw children from this session as it is classed as human reproduction.	<ul style="list-style-type: none"> correctly label the internal and external parts of male and female bodies that are necessary for making a baby and in simple terms how this happens understand that having a baby is a personal choice and express how they feel about having children when they are adults Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina'.
Age 9-10 Year 5	Piece 4 Conception Families have the right to withdraw children from this session as it is classed as human reproduction.	<ul style="list-style-type: none"> I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby I appreciate how amazing it is that human bodies can reproduce in these ways
10-11 Year 6	Piece 3 Babies – Conception to Birth Families have the right to withdraw children from this session as it is classed as human reproduction.	<ul style="list-style-type: none"> describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how they feel when they reflect on the development and birth of a baby

We want to work together with you, so remember that your child may ask you questions on what they have learnt. There is a link to a leaflet attached to this letter (https://www.chiltern.hull.sch.uk/files/ugd/7ac53f_751a842cb5d440bda14cb500f090c1c0.pdf) which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

Should you need more information, our PSHE Policy is on our website. We will also be sending out the Changing Me Families Overview via text, which will provide further information regarding the content taught. If you have any questions, please contact your child's teacher or myself directly.

Kind Regards,

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