

Portsdown Primary School and Early Years
Sundridge Close,
Cosham, Portsmouth,
Hampshire PO6 3JL
Tel: 023 9237 8991



Headteacher: Mr A Vaghela

Monday 19th February 2024

Dear parent and carers,

Important Information about 'Relationship and Changing Me' lessons in the Summer Term

At Portsdown Primary School and Early Years, we teach PSHE (Personal, Social and Health Education) through a scheme called Jigsaw. Each unit of Jigsaw is designed to support the children's emotional health, wellbeing, self-esteem and knowledge of who they are and how they grow.

The learning for the Summer second half term is all about '**Relationships and Changing Me**'. The children will be taking part in 2 or 3 lessons covering the following:

Reception	Growing up and how we have changed since we were babies.
Year 1	Boys' and girls' bodies including naming of body parts.
Year 2	Boys' and girls' body parts and understanding which parts of the body are private.
Year 3	How babies grow and introduction to puberty.
Year 4	Internal and external reproduction body parts. Recap about puberty and menstruation. Conception explained in simple terms.
Year 5	Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
Year 6	Puberty for boys and girls in more detail including social and emotional aspects of becoming an adolescent. Conception explained in biological terms.

For more detail of the learning for each year group-as detailed by Jigsaw- can be found on our website: <https://portsdownprimary.co.uk/british-values-and-rse/>

The vocabulary we will use:

Right from the start we will use the **correct Scientific names** for all body parts. This will be taught sensitively and carefully by our teachers, within an age appropriate context. They will be using this vocabulary in 2 or 3 lessons within the whole unit of work.

For us, it is important that children are taught the correct terms from an early age to help them better understand their bodies, to safeguard themselves and build self-esteem about themselves. I am sure that you have noticed yourself that some very young children are being exposed to more harmful and adult content on TV and online. Our learning on relationships and changing bodies will support the positive messages you give to your child about the safe use of technology in the wider world and how to take care of themselves and their bodies. The Jigsaw scheme allows us to do this in a safe and secure way.

Working with you:

Please take time to read the information of our website as this will provide an overview of the learning. If you would like to discuss any of the content, we will provide the following:

- Parents'/carers' information sessions:
 1. Years R, 1 and 2 will be at 3:20pm in 2OS (the classroom nearest to the Central Drive opposite the field) on Monday 26th February 2024.
 2. Year 3 and Year 4 will be at 3:20pm in 3MC (the first classroom as you head towards the Ks2 classrooms) on Thursday 29th February 2024.
 3. Year 5 and Year 6 will be at 3:20pm in 5EW (the first classroom after the fire door that leads to the West Hall) on Friday 1st March 2024.
 - 4.
- Google Form for any feedback – If you have feedback or a question, please use this link: https://docs.google.com/forms/d/e/1FAIpQLScLEZg-Rqb1r8yrBy1iqcpxiNul_j4M99ltQKC58zP97-gNKA/viewform?usp=sf_link.
(The Google form will be viewed on Monday 4th March and questions answered from this point.)
- Speaking directly to the class teacher at collection time who will be able to answer your question or will seek the answer for you.

Should you wish to explore the units in further detail, we will be able to provide you with access to a parent portal operated by Jigsaw or photocopies of the resources This is provided that the content will not be copied or shared further except as authorised by copyright law.

Your right to withdraw your child:

You have the legal right to withdraw your children from some aspects of this work. At the end of the policy, there is a form (appendix 3) you can complete to hand back to school. If you decide to withdraw your child, someone from school will be in touch with you to try and understand your decision. Please put your decision in writing using the aforementioned appendix 3 and address it to Mr. Vaghela.

You can find the policy on our website, via this link:

<https://portsdownprimary.co.uk/wp-content/uploads/2023/10/RSHE-and-PSHE.pdf> The QR code will also take you to the relevant page.

We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to your child, helping to safeguard them in an ever-changing world.

Kind regards,

N Metherall

PSHE Subject Leader

