

Tuesday 31<sup>st</sup> March 2026

## Re: Teaching of Relationships, Health and Sex Education

Dear Parent/Carer,

At Haywood Village Academy, we follow the Jigsaw programme of study to teach our children about Personal, Social and Health Education (PSHE). As part of Jigsaw and the Early Years Development Matters Framework, we will be covering 'Relationships, Health and Sex Education' during the summer term's topics of 'Relationships' (Term 5) and 'Changing Me' (Term 6). This aspect of PSHE is vital in your child's health and wellbeing as well as their emotional development. Please find below a table showing what your child will be learning.

| Puzzle piece       | Key learning  |
|--------------------|---|
| My body            | I can name parts of the body and show respect for myself.   |
| Respecting my body | I can talk about my own needs and wants.<br>I can tell you some things I can do and foods I can eat to be healthy.  |
| Growing up         | I can talk about things I have seen and done.<br>I can show love and concern about people who are special to me.<br>I am aware of my friends' needs and feelings.<br>I understand that we all grow from babies into children and then adults. |
| Growth and Change  | I can describe myself in positive terms and talk about my abilities.<br>I can say how different feelings look in myself and friends.<br>I know that I grow and change.<br>I can express how I feel about moving through school.               |
| Fun and Fears      | I can talk about what I am good at.<br>I can talk about how I feel about my worries and/or things I am looking forward to about moving through school.  |
| Celebration        | I can take pride in achievements I have made this year.<br>I can share my memories of the best bits of this year.   |

All of the materials that will be used are available for you to browse through should you wish to. If this is something you would like to do, please contact your child's class teacher.

As per our policy, parents/carers can withdraw their child from part of the school's Sex Education Programme. That is with the exception of the parts that are statutory within the Science National Curriculum and those that are statutory within Relationships and Health Education. If you wish to withdraw your child from this teaching, please speak directly to your child's class teacher.

Yours faithfully,

Mrs Abraham  
PSHE Co-Ordinator