

Tuesday 31st March 2026

Re: Teaching of Relationships, Health and Sex Education

Dear Parent/Carers,

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, we will be covering 'Relationships, Health and Sex Education' during the summer term's topics 'Relationships' (Term 5) and 'Changing Me' (Term 6). This aspect of PSHE is vital in your child's health and well-being as well as their emotional development.

The purpose of this letter is to inform you that this learning will begin in Term 5. Therefore, you may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child before the learning content is covered in school.

Please find below a table showing what your child will be learning during **a couple of lessons** across the term. The other lessons will focus on relationships and preparing your child for transition so that they feel ready to move into the next year group.

Year Group	Piece Number and Name	Key Learning 'Pupils will be able to...'
1	Boys' and Girls' Bodies	To identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina. To respect their body and understand which parts are private.
2	Boys' and Girls' Bodies	To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private. To discuss what they like/don't like about being a boy/girl.
	Assertiveness	To understand that there are different types of touch and explain which ones they like and dislike.
3	How babies grow	To understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.
	Babies	To understand how babies grow and develop in the uterus.
	Outside body changes	To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. To identify how girls' and boys' bodies change on the outside.
	Inside body changes	To understand how boys' and girls' bodies change on the inside whilst growing up and discuss why these changes are necessary so that their bodies can make babies when they grow up.
	Family stereotypes	To challenge stereotypical ideas about parenting and family roles.
4	Unique Me	To understand that some personal characteristics have come from birth parents and that this happens because they are made from the joining of their egg and sperm.
	Having a baby	To label the internal and external parts of male and female bodies (penis, testicles, vagina, sperm, egg) that are necessary for making a baby.
	Girls and puberty	To understand how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.

5	Self and body image	To be aware of their own self-image and how their body image fits into that.
	Puberty for girls	To understand how a girl's body changes during puberty and the importance of looking after themselves physically and emotionally.
	Puberty for boys	To understand how boys' and girls' bodies change during puberty.
	Conception	To understand that sexual intercourse can lead to conception and that is how babies are usually made. To also understand that sometimes people need IVF to help them have a baby.
	Growing responsibility	To identify the responsibilities that come with becoming a teenager (age of consent).
6	Self-image	To be aware of own self-image and how body image fits into that and understand how to develop self-esteem.
	Puberty	To understand how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
	Babies: Conception to Birth Assessment Opportunity	To understand how a baby develops from conception through the nine months of pregnancy, and how it is born.
	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/boyfriend.
	Real self and ideal self	To be aware of the importance of a positive self-esteem and what can be done to develop it.
	The Year Ahead	To identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.

All of the materials that will be used are available at school 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 some parts of the school's Sex Education Programme. That is with the exception of 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