

Dear Parents and Carers,

At Cotsford we use a programme called Jigsaw, which is a mindful approach to the teaching on PSHE (Personal, Social and Health Education) and we include the statutory Relationships and Health Education part of RSHE (Relationship, Sex and Health Education) within this. Jigsaw consists of 6 units shown below, one being taught each half term. The units are revisited each school year developing the children's understanding and ensuring that it is progressive and age appropriate.



Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding.
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society.
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise.
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss.
Summer 2:	Changing Me	Includes Relationships and coping positively with physical and emotional change.

We have reviewed the content provided by Jigsaw and, whilst Relationship and Health Education has been statutory since September 2020, the Governing Body at Cotsford has agreed that sex education in terms of human reproduction will not be explicitly taught and therefore, elements of the programme will not be taught and the parent right to withdraw their child is not applicable.

The purpose of this letter is to provide information on what will be taught during the summer term units. More information can also be found on our website [PSHE 2024 - 2025 - Cotsford Primary School \(cotsfordprimary.durham.sch.uk\)](https://www.cotsfordprimary.durham.sch.uk/pshe-2024-2025)

In the Relationships unit the children learn about the different relationships we have with our friends, family and communities (including the online community), and how these relationships change as we grow.

The Changing Me unit helps the children to cope positively with all sorts of change. The focus in Early Years and Key Stage 1 will be on life cycles, valuing our own bodies and learning some vocabulary for the external body parts including genitalia that may be used if talking, for example, with a doctor or nurse. This is also partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

In upper Key Stage 2, there is a particular focus on the Health Education element which includes puberty and menstruation, and the changes that happen inside and outside of the body. This is taught in a way that helps pupils people feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home if they have any questions.

Any Relationship Education/RSE lesson may consider questions or issues that some pupils will find sensitive. Before embarking on these lessons, a class agreement / ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson.

When pupils ask questions, we aim to answer them honestly at an age appropriate level and within the class agreement established at the start of the sessions. If it is felt that answering a specific question would involve information at a level inappropriate to the age and development of the rest of the pupils, the question will either be dealt with individually at another time, or if children's concerns and queries go beyond National Curriculum requirements and the content agreed by the school policy, they will be referred to parents. It is important that we do this as children whose questions go unanswered may turn to inappropriate sources of information.

The table below shows the vocabulary progression from Early Years to Year 6.

	<b>Vocabulary Progression from EYFS-YR6</b> <b>Changing Me</b>	
<b>EYFS</b> Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited and Memories.		
<b>Year 1</b> Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Nipples, Bottom, Belly Button, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.		
<b>Year 2</b> Change, Grow, Control, Life cycle, Baby, Adult, Fully-Grown, Growing Up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy.		
<b>Year 3</b> Changes, Birth, Animals, Babies, Mother, Growing Up, Baby, Grow, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Penis, Womb, Vagina, Breasts, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.		
<b>Year 4</b> Personal, Unique, Characteristics, Parents, Penis, Testicles, Vagina, Womb, Breasts, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.		
<b>Year 5</b> Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Womb, Puberty, Breasts, Vagina, Breasts, Hips, Penis, Testicles, Adam's Apple, Hair, Broader, Wider, Facial hair, Pubic hair, Hormones, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights.		
<b>Year 6</b> Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Womb, Puberty, Breasts, Vagina, Hips, Penis, Testicles, Adam's Apple, Hair, Broader, Wider, Wet dream, Growth spurt, Facial hair, Pubic hair, Hormones, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement.		

Please be aware that your child may ask you questions on what they have learnt. The Childline website can offer advice and guidance [Puberty | Childline](#)

You may also find the Usborne series of 'growing up' books useful

<https://usborne.com/gb/usbornesearch/result/?q=growing+up>

We hope that you have found this information useful and as we are eager to work in partnership with parents, we would welcome any comments you have.

Kind regards,

Mrs Simpson

PSHE/RSE Lead