

**Riverside Primary School & Nursery**

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**Headteacher: Mrs Kim Wilmer**

Wednesday 26th May 2021

Dear Parents/Carers,

We are writing to advise you that in Term 6 children from Y1 to Y6 will be looking at the topic of ‘Changing Me’ using the Jigsaw PSHE scheme of work that we have adapted to suit our school. Jigsaw is a spiral, progressive and effective scheme of work, aiming to prepare children for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world.

For more information on the Jigsaw scheme, please visit the website: [www.jigsawpshe.com/](http://www.jigsawpshe.com/)

The ‘Changing Me’ puzzle unit is all about coping positively with changes within the human body and all lessons are taught using correct terminology, child-friendly language and diagrams. Puberty is taught as a statutory requirement of Health Education and we conclude that sex education refers to Human Reproduction. In Year 5, the children will have lessons on sex education. The discussions we have in these lessons are important for your child to be a part of, as they are able to receive the correct age-related information in a safe and secure environment. The lessons build on content and vocabulary taught each year to ensure progression and understanding of the topics taught.

We inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach sex education i.e. Year 5, Lesson 4 (Conception explained in simple biological terms using child friendly diagrams to support). This lesson focus is highlighted below.

All topics are taught sensitively and are appropriate for the children at their age and stage of development, using common experiences such as a new baby in the family.

Below is a summary of the lesson focuses and key vocabulary in Year 5.

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| **Year Group** | **Focus of Lessons** | **Key Vocabulary** |
| Year 5 | * I am aware of my own self-image and how my body image fits into that. * I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally. * I can describe how boys’ and girls’ bodies change during puberty. * 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 can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). * I can identify what I am looking forward to when I move to my next class. | **New vocabulary that will be taught continuing from previous year groups:**   * Self-image * Body image * Self-esteem * Perception * Affirmation * Relationships * Conception * Sexual intercourse * Fallopian tubes * Fertilisation * Pregnancy * Embryo * Oestrogen * Umbilical cord * Sperm * Semen * Contraception * Testes * Fertility treatment (IVF) * Erection * Ejaculation * Wet dream * Larynx * Facial hair * Responsibilities * Growth spurt * Hormones |

If you require further information about the content including a copy of the scheme of work then please contact your class teacher. You are also welcome to view the materials used, should you wish to.

We believe that our programme deals with these topics sensitively and is in line with the statutory guidance.

Yours sincerely

Miss L Tullett

PSHE Subject Lead

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*achieving equal opportunities and combating discrimination.*



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Please find attached a list of key vocabulary covered by each year group.

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| **Year Groups** | **Key**  **Vocabulary** |
| Year 1 | * Life cycle * Baby * Adulthood * Mature * Change * Penis * Testicles * Vagina * Love * Relationships * Family * Marriage * Community * Male * Female * Feelings * Emotions |
| Year 2 | **New vocabulary that will be taught continuing from previous year groups:**   * Grow * Control * Respect * Appearance * Physical * Independent * Timeline * Freedom * Responsibilities * Anus * Public * Private * Touch * Texture * Cuddle * Hug * Squeeze * Acceptable * Unacceptable * Comfortable * Uncomfortable |
| Year 3 | **New vocabulary that will be taught continuing from previous year groups:**   * Uterus * Womb * Nutrients * Survive * Love * Affection * Care * Puberty * Ovaries * Egg * Stereotypes * Challenge |
| Year 4 | **New vocabulary that will be taught continuing from previous year groups:**   * Unique * Characteristics * Ovum/Ova * Making love * Fertilise * Reproduction * Menstruation * Periods * Hygiene * Self-confidence * Body odour * Sanitary towels * Tampons |
| Year 5 | **New vocabulary that will be taught continuing from previous year groups:**   * Self-image * Body image * Self-esteem * Perception * Affirmation * Relationships * Conception * Sexual intercourse * Fallopian tubes * Fertilisation * Pregnancy * Embryo * Oestrogen * Umbilical cord * Sperm * Semen * Contraception * Testes * Fertility treatment (IVF) * Erection * Ejaculation * Wet dream * Larynx * Facial hair * Responsibilities * Growth spurt * Hormones |
| Year 6 | **New vocabulary that will be taught continuing from previous year groups:**   * Foetus * Contractions * Grown up * Real self * Celebrity * Placenta * Cervix * Attraction * Trust * Trust * Midwife * Sexting * Labour * Pubic hair * Voice breaks * Growing taller * Hips widen * Breasts * Ovulation * Masturbation * Clitoris * Vulva |