



The Violet Way  
Academy

## Relationships (and Sex) and Health Education (RSHE)

Dear Parents and Carers,

As a part of your child's education at Violet Way Academy, we promote personal wellbeing and development and utilise a comprehensive PSHE (Personal, Social and Health Education) learning scheme called 'Jigsaw'. The supports us in teaching our children the knowledge, understanding, attitudes and practical skills to live safe, healthy and productive lives. The 'Jigsaw' curriculum includes six Puzzles (units): Being me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me, each with six lessons. These are sequenced from the beginning to the end of the school year. The Relationships and Changing Me Puzzles are taught in the Summer Term.

The Department for Education (DfE) announced changes to relationships and sex education (RSE), which came into effect from September 2020 and relationships and health education is compulsory in all primary schools in England. This DfE guidance clearly states the statutory requirements, i.e. what children must be taught by the end of primary school. Health Education includes learning about 'the changing adolescent body' to equip children to understand and cope with puberty. You can read the guidance and statutory requirements [here](#). The Trust policy is available [here](#).

Jigsaw, the mindful approach to PSHE is a teaching and learning programme we use, which includes the statutory RSHE and has a strong focus on emotional and mental health and wellbeing. Our RSHE provision is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and disabilities

We are writing to let you know that starting Monday 5<sup>th</sup> June 2023, your child's class will be taking part in weekly lessons which will focus on the RSHE aspect of the programme and the Jigsaw unit called 'Changing Me'.

What will my child actually be taught about puberty and human reproduction?

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note, at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

- Reception: Growing up and how we have changed since we were babies.
- Year 1: Boys' and girls' bodies; correct names for body parts.

★ ★  
★ Reaching for the Stars



SOUTH TRENT  
PARTNERSHIP



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- Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private).

As part of the 'Changing me' unit, all year group planning also covers transition and coping with change to support children with thinking about their move into the next year group.

As a school community, we are committed to working in partnership with our parents. As such, if you would like to find out more about the materials, talk through the lesson plans, and ask questions, we have set aside some time after school on Wednesday 10<sup>th</sup> May until 4:30pm where parents can attend a drop-in session with their child's class teacher if they wish.

Kind regards,

Mrs Kee      Miss Wagg  
Headteacher   PSHE Lead

