

LUXULYAN SCHOOL

Luxulyan Bodmin Cornwall PL305EE

Tel: 01726 850397

Email: head@luxulyansch.org

Executive Head: Mr S Gynn

Acting Head of School: Mrs E Williams



Friday 11th June 2021

Dear Parents / Carers

Summer Term Relationships, Sex & Health Education: Jigsaw PSHE

As a part of your child's education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. It is within this subject that we cover the statutory topics associated with the Department for Education (DfE) statutory requirements for Relationships, Sex & Health Education (RSHE) and Health Education.

Due to school closures and national lock-downs caused by the Covid-19 pandemic since the new statutory guidance for Relationships, Sex & Health Education came into being in September last year, the DfE have given schools until the end of this term to finalise their policy, programme of study and ensure parents are informed. Our policy is attached and can be found on the school website, we can also share our programme of study and other relevant documentation.

You can read about the statutory guidance in this FAQ guide for parents here:

[Relationships, Sex & Health Education \(RSHE\)](#)

The new guidance is simply about ensuring that all children get the information they need and want. The lessons will help children to learn about their bodies including the changes that take place at puberty, and will help keep them safe, so they can form healthy relationships with others, now and in the future. Current government RSHE guidance states that children should learn about puberty before they experience it, one of the reasons why making this subject statutory in all schools is so important.

At Luxulyan we use Jigsaw, a comprehensive PSHE programme underpinned by mindfulness philosophy and practice to support us in meeting these legal requirements. More information about Jigsaw can be found on their website: www.jigsawpshe.com/ and on our school website under [RSHE](#). During Summer term the whole school theme is called 'Changing Me', we will be teaching the content from the government RSHE guidance.

We recognise that parents play a vital part in their child's personal and social development, and so we encourage you to discuss the topics we teach with your child at home as well. We also understand that some families may find aspects of this programme of study sensitive. If further advice or support is required, or if you have any questions or comments about the programme or would like to view the resources, please don't hesitate to speak to your child's class teacher. If you continue to have concerns, you have an automatic right to withdraw your child from the sex education lessons.

I have attached the overview of lessons for each class.

Yours sincerely

Emma Williams

Acting Head of School

RSHE Subject Lead

Cornwall Education Learning Trust (CELT)

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Ash Class Changing Me Overview Summer 2021

Weekly Celebration	Pieces	Learning Intentions
Understand that everyone is unique and special	1. My Body	I can name parts of the body
Can express how they feel when change happens	2. Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
Understand and respect the changes that they see in themselves	3. Growing Up	I understand that we all grow from babies to adults
Understand and respect the changes that they see in other people	4. Fun and Fears Part 1	I can express how I feel about moving to Year 1
Know who to ask for help if they are worried about change	5. Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1
Are looking forward to change	6. Celebration	I can share my memories of the best bits of this year in Reception

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Beech Class Changing Me Overview Summer 2021

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Life Cycles in Nature	I can recognise cycles of life in nature	I understand there are some changes that are outside my control and can recognise how I feel about this
Can express how they feel when change happens	2. Growing from Young to Old	I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can identify people I respect who are older than me
Understand and respect the changes that they see in themselves	3. The Changing Me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I feel proud about becoming more independent
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private	I can tell you what I like/don't like about being a boy/girl
Know who to ask for help if they are worried about change	5. Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like and don't like and can ask for help
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I move to my next class	I can start to think about changes I will make when I am in Year 3 and know how to go about this



Sycamore Class Changing Me Overview Summer 2021

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
Can express how they feel when change happens	2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	3. Girls and Puberty	I can describe 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	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	4. Circles of Change Puzzle Outcome: Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this



Oak Class Changing Me Overview Summer 2021

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth Assessment Opportunity ★	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
Know who to ask for help if they are worried about change	5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
Are looking forward to change	6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know know how to prepare myself emotionally for the changes next year.