



Blackbrook School

Aspiration Fairness Kindness Responsibility Teamwork

Headteacher: Mr Daniel Seviour BA (Hons) PGCE NPQH

Tuesday 9th June 2026

'Changing Me'

Dear Parents,

As many of you know, we follow the Jigsaw scheme of work to provide personal, social, health education both at our school and across the Trust. Our lessons include works around relationships.

For your information on exactly what is taught in each year group, please see the information booklet on our [website](#).

Our final topic for this year is '**Changing Me**'.

Please see below an outline of what will be taught according to each year group.

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

- Ages 3-5/ Year F: Growing up: how we have changed since we were babies.
- Ages 5-6/ Year 1: Boys' and girls' bodies; correct names for body parts.
- Ages 6-7/ Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Ages 7-8/Year 3: How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
- Ages 8-9/ Year 4: Internal and external reproductive body parts. Recap about puberty and menstruation. **Conception explained in simple terms.**
- Ages 9-10/ Year 5: Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. **Conception explained in simple biological terms.**
- Ages 10-11/ Year 6: Puberty for boys and girls revisited. **Understanding conception** to the birth of a baby. Becoming a teenager.

All lessons are taught using the correct terminology, child-friendly language and diagrams.

Please find the following Jigsaw publication '*Relationships Education, Health Education and Sex Education in the Primary School. How does Jigsaw, the mindful approach to PSHE (ages 3-11) approach these subjects? Information for parents and carers*' on our [website](#) for further information.

Please also find a further [publication on our website](#) for your information: *'Including and valuing ALL children. What does Jigsaw teach about LGBT+ relationships?'*

Parental right to withdraw from Sex Education

Since September 2020, parents may only request to withdraw their children from non-statutory Sex Education in PSHE. Relationships Education and Health Education are statutory; this includes lessons on puberty, prejudice and discrimination, bullying, difference and diversity, and different families, including the content discussed in the publication: *'Including and valuing ALL children. What does Jigsaw teach about LGBT+ relationships?'*

Sex education content is highlighted in blue above and is taught in Years 4, 5 and 6.

If you wish to withdraw your child from the relevant non-statutory sex education lesson/s of our Jigsaw scheme of work at Years 4, 5 and 6, please would you kindly inform your child's teacher of this request as soon as possible for planning purposes.

We will then contact you to explore the reasons for your withdrawal, to ensure your wishes are understood and to clarify the nature and purpose of this part of the Curriculum. This is also necessary so that alternative provision can be put in place for your child during the delivery of sex education.

Please do contact us if you need further advice or information.

Thank you for your continuing support.

Best Wishes,

Miss S. Bowles

PSHE Lead