



Durham Dales Federation

Hamsterley, Rookhope, St John's Chapel and Wearhead Primary Schools

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'Opening minds, unlocking potential, celebrating success together'



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Information about this term's Personal, Social, Health Education, which includes Relationships and Changing Me

Dear Parents/Carers,

At the Durham Dales Federation, we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education).

During the first half of this term, we will be teaching a topic called *'Relationships'*. Relationships Education is statutory (DfE Guidance 2019) and parents cannot withdraw their children from it. During this unit of work, there is a more specific focus on the children learning about different relationships we have with our friends, family and communities (including staying safe online), and how these relationships change as we grow.

In the second half of the Summer Term, we will be teaching the topic called *'Changing Me'*. This unit helps children learn to cope positively with all sorts of change. In Key Stage 2, the children will learn about puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

In Key Stage 1, the *'Changing Me'* topic focuses on life cycles, valuing our own bodies and learning some scientific terminology for the external body parts (that we might use if we needed to talk to an adult such as a nurse or a doctor). We introduce the names for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

This letter is to inform you of the statutory requirements placed on schools and what we plan to teach when for this topic in PSHE this term.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is and how you can find out more about this if you wish to.

The right to withdraw

As parents, you have the right to withdraw your child from the non-statutory elements of our teaching. **These will be the lessons on human reproduction.** You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you wish to withdraw your child from the human reproduction lessons, contact the school so we can discuss the implications of withdrawing.

The table below shows an overview of the *Changing Me'* topic. The highlighted lessons identify which lessons parents/carers have the right withdraw their children from.

Year groups	Lesson Number and Name	Learning Intentions relating to Puberty and Human Reproduction
EYFS Nursery and Reception		<ul style="list-style-type: none"> Identify and use the correct names for the parts of the body that make boys different to girls: penis, testicles, vulva, anus, breasts, nipples (a simple drawn outline of a body and body parts will be used to illustrate) respect their own body and understand which parts are private
Year 1 and Year 2	Lesson 1 Life Cycles in Nature	<ul style="list-style-type: none"> 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
	Lesson 2 Growing from Young to Old	<ul style="list-style-type: none"> 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
	Lesson 3 The Changing Me	<ul style="list-style-type: none"> 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
	Lesson 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus, breast, nipples) and appreciate that some parts of the body are private tell you what they like/don't like about being a boy/girl
Ages 8-9 Year 3 and Y4	Lesson 1 Unique Me	<ul style="list-style-type: none"> 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.
	Lesson 2 Having A Baby Parents have the right to withdraw children from this session as it is	<ul style="list-style-type: none"> correctly label the internal and external parts of male and female bodies that are necessary for making a baby and in simple terms how this happens understand that having a baby is a personal choice and express how they feel about having children when they are adults Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'

	classed as human reproduction.	
	Lesson 3 Girls and Puberty	<ul style="list-style-type: none"> 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 know that they have strategies to help me cope with the physical and emotional changes they will experience during puberty Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.
Year 5 and Year 6	Lesson 2 Puberty	<ul style="list-style-type: none"> 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
	Lesson 3 Babies – Conception to Birth Parents have the right to withdraw children from this session as it is classed as human reproduction.	<ul style="list-style-type: none"> describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how they feel when they reflect on the development and birth of a baby
	Lesson 4 Attraction	<ul style="list-style-type: none"> understand how being physically attracted to someone changes the nature of the relationship express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this

Please be aware that your child may ask you questions about what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope the information we provided is useful in understanding what your child will learn this term. If you have any further questions, please contact us via WeDuc or our school email addresses: hamsterleyprimary@durhamlearning.net , stjohschapel@durhamlearning.net or wearhead@durhamlearning.net

Kind regards,

Claire Brooks

PSHE / RSE Lead & Key Stage 2 Teacher at St John's Chapel Primary School