



Kensworth Church of England Academy

With God by our side, we can move mountains

Headteacher: Sarah Bowley

23rd February 2026

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

Dear Parents/Carers,

At Kensworth CE Academy we use Jigsaw, the mindful approach to PSHE, as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw 'Puzzles'. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

In the first half of the Summer Term we will be teaching the Relationships Topic. Relationships Education is statutory (DfE Guidance 2019) and parents cannot withdraw their children from it.

We develop positive relationships throughout the school year and through each Jigsaw Puzzle, but there is a more specific focus on this in this Unit of Work, with 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 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change.

In Key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.

In Key Stage 2 they will learn about puberty in this Puzzle.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach in PSHE next 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.

We also want to share with you how intend to adapt the scheme to suit the needs of our pupils and our mixed age classes.

Health, Relationship and Sex Education

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In Key Stage 2, there is a particular focus on the Health Education element of 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.

Sex Education is part of our PSHE/RSE curriculum and we will teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum.

Consulting with Parents

As it is our first year of using the Jigsaw PSHE Scheme we are reviewing the content in 'Changing Me' units of the Jigsaw Programme as part of our policy review and we would encourage Parents to be part of this process. An online meeting has been arranged for 7pm on 19th March 2026 and our consultation period remains open until 27th March 2026.

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 (please refer to the contents table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact Sarah Bowley, Headteacher so we can discuss the implications of withdrawing.

How we intend to adapt the 'Changing Me' content for our Mixed age classes

The Jigsaw unit 'Changing Me' is taught in the second half of the Summer Term and contains 6 pieces (lessons). Each year group will be taught separately, appropriate to their age and developmental stage. This content will be taught by the class teachers. We will not teach beyond the remit of the year group. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

Current year group	Changing Me Topic from Jigsaw that will be taught in Summer (2) 2026
Y1	Changing Me - Year 1 content
Y2	Changing Me – Year 2 content but also revisiting the labelling body parts lesson from Year 1
Y3	Changing Me – Year 3 content
Y4	Changing Me – Year 3 content
Y5	Changing Me – Year 4 content (recapping on Year 3 objectives where necessary)

Y6	Changing Me – Year 6 content (teachers will also cover Y5 elements where necessary to ensure no gaps in learning/knowledge)
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In lessons that discuss Puberty (see Year 5, 6 puzzles pieces 2 and 3) lesson content will be taught in single sex groups.

I have attached an overview of lesson content for all year groups alongside this letter.

We are eager to work in partnership with parents

Please be aware that your child may ask you questions on 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 that the information we have provided is useful in understanding what your child will be learning next term.

Please refer to our SRE policy for further information. It can be found here: [PSHE and RSE | Kensworth CE Academy](#)

I will be having an online meeting and I will communicate this date via the weekly newsletter and dojo.

If you have any further questions, please contact your child's teacher or me via the school office.

Kind regards,



Sarah Bowley
Headteacher

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