

Ref: RSE/DB/noc

5th May 2021

Parents and Carers,



**Bloxwich Academy**  
www.bloxwichacademy.co.uk

As a part of your child's education at Bloxwich Primary Academy, 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.

I am writing to let you know that, over the next term **starting Friday 7<sup>th</sup> May**, your child will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons will include pupils learning about healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: [www.bloxwichacademy.co.uk/policies](http://www.bloxwichacademy.co.uk/policies) for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

As an Academy, we follow the Jigsaw PHSE Programme; you can find more information about the scheme here <https://bit.ly/3dPt60>. The 'Changing Me' unit is taught over a period of 6 weeks, usually 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: how we have changed since we were babies.
- Year 1 - Boys' and girls' bodies; correct names for body parts.
- Year 2 - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Year 3 - How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
- Year 4 - Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- 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.
- Year 6 - Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. All lessons are taught using correct terminology, child-friendly language and diagrams.





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We understand for some parents it is very natural to talk about relationships and puberty whereas for others it can be uncomfortable. It is important that we remember we want to keep our children safe, make them feel comfortable talking about concerns they may have relating to RSE and being honest with them.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to contact the school office to arrange a telephone consultation.

Yours sincerely,

Ms. S. Shepherd  
Headteacher (Primary)

Mr. A. Seager  
Headteacher