



Ferndale Primary and Nursery School

Monday 17th April 2023



Dear Parents/Carers

At Ferndale, we pride ourselves on a comprehensive curriculum and teach 'Personal, Social, Relationship and Health Education' through a scheme called Jigsaw. It is a progressive scheme of work, giving children learning experiences to help them navigate their world and to develop positive relationships with themselves and others. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration, and focus. Please find attached an overview of the topics covered and more detail about the Sex and relationships education (taught in the summer term).

As part of the National Curriculum, Relationship and Sex Education (RSE) is taught throughout the primary curriculum. There is a great emphasis on children developing and understanding safe, healthy relationships.

At Ferndale Primary School the RSE lessons will be taught through Science and Personal, Social, Health and Emotional (PSHE) lessons. The scheme of work which we will use to support our teaching of RSE is Jigsaw, our PSHE scheme and this is taught in the summer terms.

On the following page, we have included information detailing the key themes that will be discussed in each year group.

In addition to this provision, we give the children lots of opportunities to share their feelings. For example, through: circle time and feelings check-ins.

We hope that this letter explains our Personal, Social, Relationship and Health curriculum but please do not hesitate to speak with your child's class teacher if you have any concerns.

Many thanks for your ongoing support,

Mrs Beccy Nolan

Head of School

Jigsaw's Units of Work (Puzzles) are:

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|  1. Being Me in My World
Includes understanding my place in the class, school and global community as well as devising Learning Charters. |  2. Celebrating Difference
Includes anti-bullying (cyber and homophobic bullying included) and diversity work. |
|  3. Dreams and Goals
Includes goal-setting, aspirations for yourself and the world and working together. |  4. Healthy Me
Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices. |
|  5. Relationships
Includes understanding friendship, family and other relationships, conflict resolution and communication skills. |  6. Changing Me
This puzzle includes sex and relationships education in the context of coping positively with change. (Includes age-appropriate sex education) |



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Below are some of the key objectives that will be taught during the Relationship and Sex Education programme this year. The school has chosen to follow the Jigsaw scheme of work which has been designed in line with National Curriculum expectations.

Year 1 and Year 2

-I can recognise the physical difference between boys and girls and I can use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of the body are private.

Year 3

- I can use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of the body are private
- I understand how babies grow and develop in the mother's uterus
- I understand how boys' and girls' bodies need to change so that so that when they grow up their bodies can make babies
- I can start to recognise stereotypical ideas I might have about parenting and family roles

Year 4

- I understand that I am made from the joining of an egg and a sperm
- I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby
- I can describe how a girl's body changes during puberty in order for her to be able to have a baby (including menstruation)
- I understand how a male body changes during puberty

Year 5

- I can explain how boys' and girls' bodies change during puberty (including menstruation and wet dreams)
- I understand that sexual intercourse can lead to conception and that is how babies are usually made
- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)

Year 6

- I can explain how girls' and boys' bodies change during puberty (including masturbation) and can ask the questions I need answered about changes during this time
- I understand the importance of looking after yourself physically and emotionally
- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born (including sexual intercourse)
- I understand how being physically attracted to someone changes the nature of the relationship.