



Roskear Primary and Nursery School

Learning together for a better future

March 2024

Dear Parents/Carers,

At Roskear, as you know, we implement the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE.

The lessons build children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the Jigsaw Friends and Calm Me time.

The Summer Term Puzzles (units) are about Relationships (unit 1 Summer 1) and Changing Me (unit 2 Summer 2).

The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and obviously the younger year groups are not looking at these issues directly and explicitly but rather learning correct terminology for body parts and doing the foundation work for later year groups. The Years 5 and 6 lessons look more fully at puberty and human reproduction.

As Parents and Carers you do have the right to withdraw your child from Sex & Relationships education. To do this, you must formally have a meeting with your child's class teacher or phase leader (Year 5/6 Miss Matthews) before the Easter holidays to ensure that there is a clarity on what you are withdrawing from. The relationships, health and science learning is statutory and you can find out more about what is covered as part of our statutory curriculum and what as parents/carers you can withdraw from on our website; visit:

Parents > Letters 2022/2023 > Click on RSHE outline 2023.pdf

Also, on our school website, in the RSHE section you will find more useful information about RSHE including our policy and a guide for parents and carers

Many thanks,

Mrs Mitchell

(PSHE leader)

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