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Dear Parents and Carers,

As a part of your child's educational experience at Ellingham Primary School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

The Department for Education has made changes to Relationships and Sex Education (RSE) following nationwide consultation which came into effect from September 2020 and all schools are required to comply with the updated requirements by September 2021. The statutory guidance can be found at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

At Ellingham we use the Jigsaw PSHE scheme which breaks the year down into six areas of learning known as puzzles:

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters)

Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of looking at change

We have looked closely at the specific Relationships and Sex Education (RSE) content that Jigsaw plots for each year group and we have adapted it to align with the progression of knowledge and skills covered in other aspects of our curriculum.

Specific Jigsaw RSE content is shown below:

Year 1:

- identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina
- respect my body and understand which parts are private

Year 2:

- recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private
- tell you what I like/don't like about being a boy/girl

Year 3:

- understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby
- express how I feel when I see babies or baby animals

- understand that boys and girls' bodies need to change so that when they grow up their bodies can make babies
- identify some of the visible ways bodies change on the outside during this growing up process
- recognise how I feel about these changes happening to me and know how to cope with those feelings

Year 4:

- identify how boys and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up
- recognise how I feel about these
- understand that having a baby is a personal choice and express how I feel about having children when I am an adult
- 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 I have strategies to help me cope with the physical and emotional changes I will experience during puberty

Year 5

Please note, specific SRE content covered below has already been delivered by the school health team.

- the parts of men and women that make babies and in simple terms, how this happens
- puberty for boys and girls - physical changes and feelings about them
- school health team bespoke coverage of menstruation
- the importance of looking after yourself
- developing understanding of changes for both sexes - reassurance and exploring feelings

Year 6

Please note, specific SRE content covered below has already been delivered by the school health team.

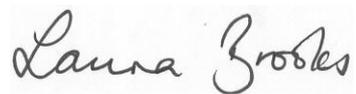
- understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of new life
- consolidating understanding of the physical and emotional changes around puberty
- question and answer opportunities
- the story of pregnancy and birth.

Parents/carers have the right to withdraw their children from all or part of the Sex Education provided at school, except for those parts included in statutory National Curriculum Science. Please do refer to our science policy on the website if you wish to explore this further.

Please note - There is no right to withdraw from Relationships Education at Primary school as Government Guidance indicates that the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

If you would like further discussion about exercising your right to withdraw from all or part of sex education, please contact the school office and a member of the senior leadership team with talk through any concerns you may have and discuss the impact that withdrawal may have on the child.

Best wishes,

A handwritten signature in black ink that reads "Laura Brooks". The signature is written in a cursive style and is positioned above the printed name.

Laura Brooks

Deputy Headteacher