

Stoke Gabriel Primary School

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Personal, Social, Health Education

Dear parents,

As many of you will be aware, this year we have been using the Jigsaw PSHE (Personal, Social, Health Education) scheme, further information can be found at www.jigsawpshe.com. The Jigsaw scheme supports the school to fulfil its statutory requirements for Relationships, RSE and Health Education. It is also recommended by the PSHE Association as a Quality Assured resource. The scheme allows us to have a consistency in what is being delivered and the children are able to build on their knowledge each year. The delivery of PSHE is a national requirement and teachers will deliver it in an appropriate but sensitive manner.

There is a half termly theme studied across the school and age appropriate for each class of children. The themes are:

- Being in My World Autumn 1
- Celebrating Difference Autumn 2
- Dreams and Goals Spring 1
- Healthy Me Spring 2
- Relationships Summer 1
- Changing Me Summer 2

We are aware that what is taught during these sessions can leave children curious and often they might ask questions at home. So you are prepared, we wanted to make you aware of some of the topics and vocabulary that your child will be exposed to in their year group over the following year. This is shown in the chart below. We believe that using the correct language during these sessions is essential. We also know that some of this language might appear to be quite advanced for Primary School children. However, it is important that children should use the correct language so that they do not have misconceptions which could arise from conversations with peers or from the internet.

After half-term, all year groups will be taught the Changing Me topic.

If any Year 5 or 6 parents/carers wish to see the content in more detail to help with any questions their child may have, please feel free to contact me directly.

Lija.Lewsey@thelink.academy































In the meantime, the NSPCC talk PANTS is a useful website which can help and remind children that their body belongs to them. It too can be a good starting point for discussions within the home. Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC

Warm wishes,

Mrs Lija Lewsey PSHE Curriculum Lead

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