



Donington on Bain Primary School

Inspire, Enrich, Achieve

Friday 8th May 2026

Dear Parent/Carer,

At Donington on Bain Primary School we use Jigsaw as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw 'Puzzles'. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

In the second half of the Summer Term, we will be teaching the 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty in this Puzzle. In Key Stage 1 we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later. An outline of the content we teach can be found in the appendix at the end of this letter.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach when for this topic in PSHE this term.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is and how you can find out more about this if you wish to.

Health, Relationship and Sex Education

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In Key Stage 2, there is a particular focus on the Health Education element of puberty in (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

Sex Education is part of our PSHE/RSE curriculum. We teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum.



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The right to remove your child from these lessons

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons on human reproduction. You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact Louise Anyan so we can discuss the implications of withdrawing. A formal request to withdraw your child from these lessons must be put in writing.

We work in partnership with parents

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction.

We hope that the information we have provided is useful in understanding what your child will be learning this term.

Please refer to our PSHE policy on the school website for further information.

https://dobps.co.uk/our_school/policies/policies.html

If you have any further questions, please get in touch.

L Anyan

Louise Anyan
Headteacher
Donington on Bain Primary School

Appendix

Year group	Piece (lesson) number and name	Learning Intentions relating to body changes in puberty and human reproduction
Ages 4-5 Reception	Piece 1- My Body	I can name parts of the body.
	Piece 3 – Growing Up	I understand that we all grow from babies to adults.
Ages 5-6 Year 1	Piece 1 Life Cycles	- I am starting to understand the life cycles of animals and humans - I understand that changes happen as we grow and that this is OK
	Piece 2 Changing Me	- I can tell you some things about me that have changed and some things about me that have stayed the same - I know that changes are OK and that sometimes they happen whether I want them to or not
	Piece 3 My Changing Body	- I can tell you how my body has changed since I was a baby - I understand that growing up is natural and that everybody grows at different rates
	Piece 4 Boys' and Girls' Bodies	- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus - I respect my body and understand which parts are private
Ages 6-7 Year 2	Piece 1	I can recognise cycles of life in nature



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	Life Cycles in Nature	I understand there are some changes that are outside my control and can recognise how I feel about this
	Piece 2 Growing from Young to Old	- I can tell you about the natural process of growing from young to old and understand that this is not in my control - I can identify people I respect who are older than me
	Piece 3 The Changing Me	- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old - I feel proud about becoming more independent
	Piece 4 Boys' and Girls' Bodies	- I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus) and appreciate that some parts of the body are private - I can describe what I enjoy about being a boy or girl whilst understanding we are all different
Ages 7-8 Year 3	Piece 1 How Babies Grow	- I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby - I can express how I feel when they see babies or baby animals
	Piece 2 Outside Body Changes	- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies - I can identify how boys' and girls' bodies change on the outside during this growing up process - I recognise how I feel about these changes happening to me and know how to cope with those feelings
	Piece 3 Inside Body Changes	- I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period) - I recognise how I feel about these changes happening to me and know how to cope with these feelings
	Piece 4 Keeping Ourselves Clean	- I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy - I know some simple ways of keeping clean which can keep me healthy and protect me from some infections - I have started to think about the ways to keep my body clean as I grow up and how I feel about this
Ages 8-9 Year 4	Piece 2 Puberty and Menstruation	- I can 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 - I have strategies to help me cope with the physical and emotional changes I will experience during puberty
	3. Being Part of a Family	- I know there are many types of family and that often our family members form part of our inner circle - I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty - I recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this
Age 9-10 Year 5	Piece 2 Puberty for Girls	- I can explain how girls' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally - I understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Piece 3 Puberty for Boys	- I can describe how boys' and girls' bodies change during puberty - I can express how I feel about the changes that will happen to me during puberty



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	Piece 4 Conception	• I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby • I appreciate how amazing it is that human bodies can reproduce in these ways •
	Piece 5 Looking Ahead 1	• I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (includes clarification on standing up for self, how age restrictions are there to help you, the pressures of misleading media messages around romantic/physical relationships) • I am confident that I can cope with the changes that growing up will bring
Age 10-11 Year 6	Piece 2 Puberty	• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • I can express how I feel about the changes that will happen to me during puberty
	Piece 3 Babies – Conception to Birth	• I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born • I recognise how I feel when I reflect on the development and birth of a baby



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