



Headlands Community Primary School

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Friday 15th May 2026

Dear Parents and Carers,

As part of our PSHE curriculum, we continue to use the Jigsaw scheme of work across the school. The Jigsaw scheme covers issues such as building self-esteem; recognising feelings and emotions; Healthy friendships; Differences and similarities between girls and boys and challenging stereotypes; Rights & Responsibilities and Growing and changing.

We hope you find the half termly updates on which PSHE unit we cover each half term useful alongside the additional information on the school website.

We would like to draw your attention to the jigsaw unit 'Changing Me,' which will be completed during the Summer 2 term. Below, you will find some additional information.

What will my child be taught in the 'Changing me' unit?

The Jigsaw unit 'Changing Me' is taught over 6 weeks in Summer Term 2. Each year group will be taught appropriate to their age and developmental stage. For example, only the Year 4 children will be taught the 'Girls and puberty' session, not the Year 3 children, although they are in a mixed class, they will be separate for this session. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

Year group	Piece Number and Name	Learning Intentions
EFYS	Piece 3 Growing Up	<ul style="list-style-type: none">Seek out others to share experiences. Show affection and concern for people who are special to them
1	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none">Identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, vulva, anus, breast, nipples.respect their own body and understand which parts are private
2	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none">recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus, breast, nipples) and appreciate that some parts of the body are privatetell you what they like/don't like about being a boy/girl
3	Piece 1 How Babies Grow	<ul style="list-style-type: none">understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the babyexpress how they feel when they see babies or baby animals
	Piece 2 Babies	<ul style="list-style-type: none">understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and growexpress how they might feel if they had a new baby in their family
	Piece 3 Outside Body Changes	<ul style="list-style-type: none">understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babiesidentify how boys' and girls' bodies change on the outside during this growing up process
4	Piece 3 Girls and Puberty (both girls and boys will attend this session)	<ul style="list-style-type: none">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 thisknow that they have strategies to help me cope with the physical and emotional changes they will experience during puberty
5	Piece 2 Puberty for Girls	<ul style="list-style-type: none">explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally

		<ul style="list-style-type: none"> understand that puberty is a natural process that happens to everybody and that it will be OK for them
	Piece 3 Puberty for Boys and Girls	<ul style="list-style-type: none"> describe how boys' and girls' bodies change during puberty express how they feel about the changes that will happen to their bodies during puberty
6	Piece 2 Puberty	<ul style="list-style-type: none"> explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally express how they feel about the changes that will happen to their bodies during puberty
	Piece 3 Girl Talk/Boy Talk	<ul style="list-style-type: none"> ask the questions that they need answered about changes during puberty reflect on how they feel about asking the questions and about the answers they receive
	Piece 5 Attraction	<ul style="list-style-type: none"> understand how being physically attracted to someone changes the nature of the relationship express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this

Please note that both girls and boys will be taught all the sessions outlined above.

Sex education is taught through our science curriculum rather than through our PSHE curriculum. Year 5/6 teachers will be in contact with parents of children in Year 6 to inform them of the aspects of the science curriculum that include human reproduction, which will be taught this half term to Year 6.

Within all classrooms, there will be a question box available if children wish to ask a question more privately, and the class teacher can then address this with either the child or the whole class.

I hope that this information will help you understand more about the content of our PSHE lessons and equip you with the knowledge to talk to them about their learning either before or after each lesson. If, following on from reading the attached information and guidance from Jigsaw on the website, you would like to discuss any aspect of the planned sessions, please do not hesitate to contact your child's class teacher, who will be able to advise you further.

Best wishes,
Mrs V Benson
PSHE Lead