

Head Teacher: Mr J Swift

# Micklem Primary School

*learning, achieving, working together*

Boxted Road,  
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Dear Parents/Carers,

At Micklem Primary School we use Jigsaw, the mindful approach to PSHE, 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).

This half-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.

## 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 (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.

At Micklem Primary School, we define 'Sex Education' to mean understanding human reproduction (how babies are made). Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum and at Micklem we deliver this including human reproduction in our Animals including humans topic in the spring term.

## The right to withdraw

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 (please refer to the highlighted contents in the table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If your child is in year 4, 5 or 6 and you wish to withdraw your child from the human reproduction lessons outlined below, please put your request in writing and email to [admin@micklem.herts.sch.uk](mailto:admin@micklem.herts.sch.uk) by the end of the school day on Monday 8th June.



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## We are eager to work in partnership with parents

Please be aware that your child may ask you questions about what they have learnt. There is a leaflet attached which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books that you might find useful. These can be purchased here: <https://usborne.com/gb/books/series/growing-up>

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

If you have any further questions, please contact your child's teacher, myself or Miss Noble via the office.

Yours sincerely

A handwritten signature in black ink, appearing to read 'J Swift', written in a cursive style.

Mr J Swift  
Headteacher

**Be Kind. Show Respect. Aim High.**



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## Puberty and Human Reproduction Content

You have the right to withdraw your child from the highlighted lessons in year 4, 5 and 6, as the content relates directly to human reproduction (Sex Education).

Year Group	Lesson number	Content taught relating to puberty and human reproduction
Rec	1-My body	<ul style="list-style-type: none"> <li>Naming parts of the body</li> </ul>
	3- Growing up	<ul style="list-style-type: none"> <li>Understanding that we grow from babies to adults</li> </ul>
	4- Growth and change	<ul style="list-style-type: none"> <li>Knowing about growing and changing</li> </ul>
Year 1	1-Life cycles	<ul style="list-style-type: none"> <li>Life cycles of animals and humans</li> <li>Understanding that changes happen as we grow</li> </ul>
	2-Changing me	<ul style="list-style-type: none"> <li>Identifying things that have changed about me</li> </ul>
	3- My Changing Body	<ul style="list-style-type: none"> <li>Can say how my body has changed since I was a baby</li> <li>Knowing that growing up is natural</li> </ul>
	4- Boys' and Girls' bodies	<ul style="list-style-type: none"> <li>Identifying parts of the body that make boys different to girls and can use the correct names for these.</li> <li>Respecting my body and understand which parts are private</li> </ul>
Year 2	1- Life Cycles in Nature	<ul style="list-style-type: none"> <li>Recognise cycles of life in nature</li> <li>Understand some changes are beyond my control and I recognise how I feel about this</li> </ul>
	2 - Growing from Young to Old	<ul style="list-style-type: none"> <li>Know that growing from young to old is a natural process not in my control</li> <li>Identifying people I respect who are older than me</li> </ul>
	3- Changing Me	<ul style="list-style-type: none"> <li>Can say how my body has changed since I was a baby</li> </ul>
	4- Boys' and Girls' bodies	<ul style="list-style-type: none"> <li>Recognise the physical differences between boys and girls, use the correct names for parts of the body</li> <li>Appreciate that some parts of the body are private</li> </ul>
Year 3	1- How Babies Grow	<ul style="list-style-type: none"> <li>In animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</li> </ul>
	2- Babies	<ul style="list-style-type: none"> <li>How babies grow and develop in the mother's uterus and understand what a baby needs to live and grow</li> </ul>
	3-Outside Body Changes	<ul style="list-style-type: none"> <li>Boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>Identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)</li> </ul>
	4- Inside Body Changes	<ul style="list-style-type: none"> <li>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</li> <li><b>Note – this lesson briefly introduces the term 'period' and explains what a period is in simple terms</b></li> </ul>



Year 4	1- Unique me	<ul style="list-style-type: none"> <li>Understand that some personal characteristics have come from birth parents and that this happens because humans are made from the joining of their egg and sperm</li> </ul>
	2- Having a Baby	<ul style="list-style-type: none"> <li>Correctly label the internal and external parts of male and female bodies that are necessary for making a baby and explain in simple terms how this happens</li> <li>Understand that having a baby is a personal choice</li> </ul> <p><b>Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'</b></p>
	3- Puberty and Menstruation	<ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.</b></p>
Year 5	2- Puberty for Girls	<ul style="list-style-type: none"> <li>Explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>Understand that puberty is a natural process that happens to everybody</li> </ul>
	3- Puberty for Boys	<ul style="list-style-type: none"> <li>Describe how boys' and girls' bodies change during puberty</li> </ul>
	4- Conception	<ul style="list-style-type: none"> <li>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</li> </ul>
Year 6	2- Puberty	<ul style="list-style-type: none"> <li>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> </ul>
	3- Babies- Conception to Birth	<ul style="list-style-type: none"> <li>Describe how a baby develops from conception through the nine months of pregnancy, and how it is born</li> </ul>
	4- Attraction	<ul style="list-style-type: none"> <li>Understand how being physically attracted to someone changes the nature of the relationship</li> <li>Express feelings about the growing independence of becoming a teenager and their confidence that they can cope with this</li> </ul>