

Margaret Wix Primary School

"Respect, Self-Belief, Curiosity, Kindness and Resilience"



Dear Parents/Carers,

Relationships and Sex Education – Parent Meeting on 5th May at 3.30pm

At Margaret Wix Primary School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education. This gives children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

As you may already be aware, The Department for Education made the teaching of Relationships and Health Education compulsory in all primary schools from September 2020. This guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships based on respect. Learning about the emotional, social and physical aspects of growing up will give children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being.

The government recently issued revised statutory guidance for the teaching of Relationships and Sex Education (RSE) and Health Education that come into force in September 2026. **This letter relates to the teaching that your child will receive this academic year.** Expect to see further information from us later in the summer about changes to our RSE policy and curriculum for next year.

The DfE guidance 2020 recommends that all schools have a Sex Education programme but it is not compulsory in primary schools. As parents, you do have the right to withdraw your child from some or all of the Sex Education that we teach through the Jigsaw RSE programme. The purpose of Relationships and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes, which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

During the summer term, all year groups will be taught weekly RSE lessons through the Jigsaw topics as usual and the topics are 'Relationships' (first half term) and 'Changing Me' (second half term). The lessons will be age appropriate.

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Below is an overview of the Puberty and Human Reproduction content that will be covered within each year group. The statements in red are part of the Sex Education which is non-compulsory and if you wish, you can withdraw your child from this learning.

Puberty and Human Reproduction in Jigsaw 3-11		
FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

Puberty and Human Reproduction in Jigsaw 3-11		
Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their bodies. Puberty is introduced gently in Y3 because some girls may start their periods this early and it is necessary to prepare them for this, so they aren't scared or worried. Conception is introduced age-appropriately in Y4 in the context of understanding why our bodies change during puberty. Understanding of human reproduction, conception and puberty is built upon in Y5 and then puberty, conception and childbirth is age-appropriately covered in Y6.

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We strongly advise you to click on the link to our web site below to find out further information on RSE and the Jigsaw programme.

<https://www.margaretwix.herts.sch.uk/relationships-health-and-sex-education>

Here you will find:

- Relationships puzzle map for each year group
- Changing Me puzzle map for each year group
- Jigsaw PSHE parent and carers leaflet
- What do primary schools have to teach? Jigsaw leaflet
- Margaret Wix RSE policy
- LGBTQ Jigsaw parent leaflet

Jigsaw, the incredible scheme we use in school to guide our teaching, have also created a **Jigsaw Parent Portal** where you can view the lesson plans and slides your child's teacher will use in their lessons. The advantage of seeing these is you will know exactly what your child has learned, and it may help you to feel better equipped to deal with any questions that they may have.

To access the portal, you will need to send a request to your child's class teacher who will then provide you with a code that you can enter on the Jigsaw website, which enables you to see the main lesson plans for that Puzzle for a temporary period of time. This window of opportunity will be open from around 2 weeks before we teach the unit and for the first 2-3 weeks during.

There will also be an opportunity for all parents to attend a **face-to-face RSE parent meeting** to view the resources used as well as ask any questions on **Tuesday 5th May 2026 at 3.30pm** in Apollon's classroom. Please email admin@margaretwix.herts.sch.uk to confirm your attendance with your name and name(s) of your child/children. We can provide a space for your children to go while we hold this meeting.

If you have any questions or concerns, please do not hesitate to contact me.

Thank you for your continued support.

Mrs Pippa Rowson
(PSHE lead)

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