



June 2025

Dear Parents/Carers,

At Noremarsch Junior school we place a high priority on each child's personal well-being and development. We do this as part of everyday life in the school but in a more structured way through a comprehensive Personal, Social, Health and Economic (PSHE) programme. PSHE education is a subject that aims to give children the knowledge, understanding, attitudes and practical skills to live safely, happily and productively.

The school currently uses Jigsaw as a scheme of work to ensure all areas of the curriculum are taught. There are six units taught throughout the year, these are taught in the same sequence, the modules are designed to be cumulative and build on both skills taught and at an age-appropriate time.

In most classes PSHE is taught as a formal lesson once a week but will be intertwined throughout every day in the classroom.

Year Group	Under new statutory guidance (2020) the following information will be covered in these sessions:
Year 3	<ul style="list-style-type: none">• Understand what babies need to grow.• Identify the outside body changes between boys and girls when growing up, using the correct names for parts of the body.• Identify the difference between changes that can and cannot be controlled.
Year 4	<ul style="list-style-type: none">• Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience.• Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.• Know about menstrual wellbeing including the key facts about the menstrual cycle.
Year 5	<ul style="list-style-type: none">• Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience.• Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.• Know about menstrual wellbeing including the key facts about the menstrual cycle. which will include learning about

	puberty, personal hygiene, changing feelings and conception.
Year 6	<ul style="list-style-type: none"> • Self-Image: We will be discussing self-esteem, body image, and promoting a positive sense of self-worth among students. We will explore the importance of self-acceptance and respect for others as well as looking forward to the year ahead. • Puberty: Your child will receive comprehensive information about the physical and emotional changes that occur during puberty. • Conception to Birth: Our aim is to provide students with a basic understanding of human reproduction, including the process of conception and fetal development. These lessons will be delivered in an age-appropriate manner, using appropriate terminology and visual aids. • Boyfriends and Girlfriends: We will explore the concept of healthy relationships and discuss the qualities of a respectful and supportive partner. Students will learn about mutual respect and effective communication, which are essential skills for building healthy relationships.

All PSHE teaching takes place in a safe learning environment with opportunities to ask questions in small groups if required. Following statutory guidance, all teaching is taught in mixed classes, **the school avoids segregating by gender** unless there is a clear rationale for doing so in order to meet the needs of pupils (e.g. giving girls a chance to ask early questions about menstruation in a female-only environment).

Within these sessions' diversity is celebrated and inclusive language is used throughout; primary schools are enabled and encouraged to cover LGBT (lesbian, gay, bisexual and transgender) at an age-appropriate level; It is not as one-off examples. The faith and religious background of pupils are considered to ensure topics are appropriately handled and comply with the Equality Act 2010 (under which religion and belief are among the protected characteristics). Children's questions are answered simply and honestly.

We know that some pupils may be affected by issues discussed in such lessons, to prepare for this we have:

- Informed parents and carers (via this letter) to ensure you are aware of the children's learning and any questions which may arise.
- Contacted the safeguarding team to ensure they are aware of what is being taught, ensure that any children who have been directly impacted by issues covered in lessons are supported both before and after sessions.
- Ensured parents and carers have the opportunity to ask questions prior to teaching.

If you have any questions about the content being taught, please do not hesitate to contact us.

Yours sincerely

Hilary MacMeekin

Headteacher