



Abbey Road Primary School
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Dear Year Four parents/carers,

Throughout the school year, we deliver a PSHE (Personal, Social, Health, Economic) programme across our school called Jigsaw, which is a mindful approach to PSHE.

The lessons since September have built children's emotional literacy, self-esteem, knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the Jigsaw Friends and Calm Me (chime) time.

The Summer Term Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2).

In every year group, The Changing Me Puzzle includes 2 or 3 lessons to help children understand the changes growing and growing up brings. In younger year groups, this starts with learning about lifecycles and the correct terminology for body parts. These are important foundation steps for later learning around the changes puberty brings and (in some older year groups) how human reproduction happens. The lessons for Years 4, 5 and 6 look more fully at puberty and human reproduction in a scientific based approach.

You can find more information around how this is taught and why, by reading our parents guide to RSHE:

[RSHE-A-Guide-for-Parents-and-Carers-leaflet-2020-1.pdf \(abbeyroadprimary.co.uk\)](#)

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

We do as always want to work in partnership with parents and carers. The government has made Relationships Education and Health Education statutory for all primary schools from September 2020 and we value the opportunity to share the new requirements with you, so you are clear about the curriculum we intend to teach the children and why we feel this is so important.

As well as the main learning intentions, we have also included a section of possible questions for family learning.



Relationships:

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 8-9	<ul style="list-style-type: none"> Know some reasons why people feel jealousy Know that jealousy can be damaging to relationships Know that loss is a normal part of relationships Know that negative feelings are a normal part of loss Know that memories can support us when we lose a special person or animal Know that change is a natural part of relationships/ friendship Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe 	<ul style="list-style-type: none"> Can identify feelings and emotions that accompany jealousy Can suggest positive strategies for managing jealousy Can identify people who are special to them and express why Can identify the feelings and emotions that accompany loss Can suggest strategies for managing loss Can tell you about someone they no longer see Can suggest ways to manage relationship changes including how to negotiate 	<ul style="list-style-type: none"> Can you tell me about a time when you felt jealous? Did it affect how you behaved? Can we tell each other about the people we love? Do you miss seeing anyone? Who could we make a memory box for? Have you ever fallen out with any of your friends? What happened? How did you resolve it? Do you have any friends that you fall out with a lot? How does Jigsaw Jaz help you learn about friendships? Does Calm Me time help you stay calm?

Changing Me:

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 8-9	<ul style="list-style-type: none"> Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm Know that babies are made by a sperm joining with an ovum Know the names of the different internal and external body parts that are needed to make a baby Know how the female and male body change at puberty Know that personal hygiene is important during puberty and as an adult Know that change is a normal part of life and that some cannot be controlled and have to be accepted Know that change can bring about a range of different emotions 	<ul style="list-style-type: none"> Can appreciate their own uniqueness and that of others Can express how they feel about having children when they are grown up Can express any concerns they have about puberty Can say who they can talk to about puberty if they are worried Can apply the circle of change model to themselves to have strategies for managing change Have strategies for managing the emotions relating to change 	<ul style="list-style-type: none"> Which of your characteristics did you get from your birth parents? Do you have any questions about the changes that happen to a girl when they grow up? Do you have any questions about how babies are made? How do you feel about the changes that will happen to you as you grow?

We feel it is important to reiterate the following part of the RSHE guide, as it is important for parents to be prepared for questions which may arise at home and support available for you:

‘During the course of these lessons, pupils may ask questions, which will always be answered in an age-appropriate manner. If a question arises and the teacher feels it would be inappropriate to answer because it is outside the remit of that year group’s programme, the child will be encouraged to ask parents or carers at home.’

What children learn at school is only part of the curriculum, and children can continue to learn from you at home. You may find that your child starts asking you questions about the topics they have covered in school, or you may wish to talk to them about what they have learned. There are some great tips for talking to your child about these subjects within the ‘RSHE Guide for Parents and Carers’ mentioned earlier.



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We hope you find this information useful for the upcoming topics over the Summer Term. If you would like more information, please visit our school policy for PSHE and RSE:

<https://abbeyroadprimary.co.uk/wp-content/uploads/2022/06/Jigsaw-PSHE-Policy-including-RSE-June-2022.pdf>

If you have any further queries about the content of the programme or resources used, please do not hesitate in contacting us:

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Kind regards,

Mrs Alison Lovett

RSE co-ordinator

Mrs Tina Horton

Deputy Head Teacher

Mrs Ly Toom

Head Teacher

