

At Samares, 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).

In the second half of the Summer 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. 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.

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 pieces (lessons). Each year group will be taught appropriate objectives for their age and developmental stage. We will not teach beyond the remit of the year group. 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.

The table below covers the lessons (pieces) that relate to life cycles, the human body, puberty and human reproduction.



Year		What is covered in the 'Change Me' Unit:
Reception	Growing up	How we have changed since we were babies
Year 1	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
Year 2	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?
Year 3	Inside and outside body changes	How our bodies need to change so they can make babies when we grow up - inside and outside changes and how we feel about them
Year 4	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
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult - including menstruation
Year 5	Puberty for girls	Physical changes and feelings about them - importance of looking after yourself
	Puberty for boys	Developing understanding of changes for both sexes - reassurance and exploring feelings
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life
Year 6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us
	Girl talk / boy talk	A chance to ask questions and reflect (single sex)
	Conception to birth	The story of pregnancy and birth

Please be aware that your child may ask you questions on what they have learnt. Alongside information about PSHE, there is a parent leaflet on our website with further details and can be found here

<https://www.samares.sch.je/page/?title=PSHE&pid=74>

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, concerns or comments, please contact your child's teacher or you can contact me.

Many thanks



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