



Longmeadow Primary School

Headteacher: Mrs Lynne Osborne

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5th June 2025

Dear parents,

You will be aware that, as a part of your child's educational experience at Longmeadow Primary School we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) and Relationship and Sex education (RSE). 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 a school, we follow the programme Jigsaw to teach and embed these skills and values. During the summer term, the children will be taking part in the unit 'Changing Me' which focuses on the emotional, social and physical aspects of growing up and will give them the information, skills and positive values to have safe, fulfilling relationships as well as helping them take responsibility for their own well-being.

As with all statutory subjects, there is no right to withdraw from Relationships Education, Health Education or any content from the Science Curriculum. This means that children cannot be withdrawn from any lessons on the changing adolescent body. Parents have the right to request that their child be withdrawn from some or all of the Sex Education delivered in year five and six (conception and birth) following discussions with the Head teacher. If you wish to withdraw your child from these lessons, please arrange an informal appointment with Mrs Osborne via the school office team.

Below is detailed the topics covered in each year group in an age appropriate way.

**Nursery/
Reception**

- Bodies
- Respecting my body
- Growing up
- Growth & change
- Fun and fears
- Celebrations

Year 1

- Life cycles- animals & humans
- Changes in me
- Changes since being a baby
- Difference between female & male bodies (scientific terminology)
- Linking growing & learning
- Coping with changes & transitions

Year 2

- Life cycles in nature
- Growing from young to old
- Increasing independence

	<ul style="list-style-type: none"> • Differences in female and male bodies (correct terminology) • Assertiveness • Preparing for transition
Year 3	<ul style="list-style-type: none"> • How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Preparing for transition
Year 4	<ul style="list-style-type: none"> • Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change • Self- and body image • Influence of online and media on
Year 5	<ul style="list-style-type: none"> • Body image • Puberty for girls • Puberty for boys • Conception (including IVF) • Growing responsibility • Coping with change • Preparing for transition
Year 6	<ul style="list-style-type: none"> • Self-image • Body image • Puberty and feelings • Conception to birth • Reflections about change • Physical attraction • Respect and consent • Boyfriends/girlfriends • Sexting • Transition

If you wish to view the materials to be used in class, please join your child's class teacher in their class on Tuesday 10th June between 3.15 and 3.45. They will be able to discuss any questions or concerns you may have.

Thank you for your continued support,

The Longmeadow Team