



Yardley Wood Community Primary School
"Learning Through Life"

May 2026

Re: PSHE Lessons Summer Term – Year 5

Dear Parents/Carers

Next half term, Year 5 children will be completing lessons on 'Changing Me' as part of their PSHE (Personal, Social, Health Education) Curriculum. In school, we use a DfE approved programme called Jigsaw. The aim of Jigsaw's 'Changing Me' lessons is to: ensure children have enough knowledge to empower them to understand why their bodies change; cope with puberty and stay safe. More information about Jigsaw can be found at:

<https://www.jigsawpshe.com/>

We want our children to be safe, healthy and happy and have the right information given to them at the right age / stage of development. The 'Changing Me' lessons are well thought out and slowly build on children's knowledge and understanding each year. Within the lessons children will learn about: how their bodies change; life cycles; adolescence and puberty; and coping with changes.

Year 5 will engage in one Sex Education lesson this year in which the children will begin to label the body parts necessary for making a baby. They will also learn about how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally: lessons about puberty are statutory PSHE lessons.

Your child's class teacher will send a weekly Dojo message advising you as to the content of the lesson that week, so that you are informed and can support this learning at home.

These lessons are taught as part of the National Curriculum and the Department for Education recommends that all children participate in Sex Education lessons before they leave Primary School. If you have any questions regarding these lessons, or you wish for your child to be withdrawn from these two lessons please contact your child's class teacher so they may provide you with further information.

Yours sincerely,

K.Palmer

Deputy Head Teacher