



**Yardley Wood Community Primary School**  
***"Learning Through Life"***

May 2026

**Re: PSHE Lessons Summer Term – Years 1-4**

Dear Parents/Carers

Next half term, children will be completing lessons on 'Changing Me' as part of the National Curriculum for PSHE (Personal, Social, Health Education.) 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; and coping with changes. You may wish to discuss your child's learning at home to support their understanding of these 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.

The 'Changing Me' lessons children will engage in **do not** include any Sex Education lessons this academic year. Each year we will send you a letter regarding the PSHE curriculum.

If you have any questions regarding these lessons please contact your child's class teacher so they may provide you with further information.

Yours sincerely,

K.Palmer

Deputy Head Teacher