



Bottesford Schools Federation

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Date: 1st June 2026

Dear Parents/Carers,

Information about the summer term's Personal, Social, Health Education (PSHE), which includes Relationships and Changing Me

Dear Parents/Carers,

At Bottesford Schools Federation, we value working in partnership with you to support your child's personal development and wellbeing. This letter provides information about the PSHE content that will be taught during this term, particularly the statutory Health Education elements within the Jigsaw "Changing Me" Puzzle.

Our approach to PSHE (Personal, Social, Health Education)

At Bottesford Schools Federation we use Jigsaw, the mindful approach to PSHE, as our comprehensive scheme of work. The programme is organised into six half-term units, known as "Puzzles": Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

The "Changing Me" Puzzle helps children understand and cope positively with change. Teaching is carefully matched to children's age and developmental stage and supports pupils in developing confidence, understanding and emotional wellbeing as they grow. These puzzles taught in the infants too and are progressive each year.

Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the Department for Education statutory guidance for Relationships, Sex and Health Education.

As part of statutory Health Education, all primary-aged children must be taught about the physical and emotional changes that occur during puberty before these changes begin.

Parents do not have the right to withdraw children from statutory Relationships or Health Education content, including puberty education. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons taught within PSHE, which are explained further below.

Summer 2: Changing Me (Key Stage 2 - juniors)

During this half term, children in Key Stage 2 will learn about:

- how bodies change as children grow

- the physical and emotional changes associated with puberty
- personal hygiene and self-care during puberty
- menstruation and how periods are managed
- different feelings and emotions linked to growing up
- strategies for managing change positively
- identifying trusted adults who can offer support and guidance

Teaching is age-appropriate, factual and sensitive. Lessons are designed to help children feel prepared and informed rather than anxious, and to encourage open communication with trusted adults at home and at school.

Puberty can begin any time between the ages of 8 and 11, which is why this learning is introduced during primary school.

Sex Education and the right to withdraw

Sex Education can be defined as learning specifically about human reproduction. This includes teaching about sexual intercourse, conception, pregnancy and birth.

In line with DfE guidance, Bottesford Schools Federation staff **teach one non-statutory Sex Education lesson in Year 6** as part of the Jigsaw PSHE programme. External companies/professionals no longer deliver sex education to pupils at Bottesford School Federation.

Parents have the right to request withdrawal from this specific non-statutory Sex Education lesson. However, there is no right to withdraw from:

- statutory Relationships Education
- statutory Health Education, including puberty education
- National Curriculum Science content relating to human development and reproduction

If you are considering withdrawal, we encourage you to contact the school so we can discuss the lesson content and answer any questions you may have.

What will my child learn?

All content is taught by class teachers and carefully matched to each year group's developmental stage. We do not teach beyond the remit of each year group.

If children ask questions beyond the planned curriculum, teachers will respond appropriately and sensitively, either by encouraging discussion at home or explaining that the topic will be covered later in their education.

The table below outlines the specific "Changing Me" lessons/pieces relating to puberty, body changes and human reproduction. Any lessons from which parents may request withdrawal are clearly identified.

Year group	Piece (lesson) number and name	Learning Intentions relating to body changes in puberty and human reproduction
Ages 7-8 Year 3	Piece 1 How Babies Grow	• I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby • I can express how I feel when they see babies or baby animals

	Piece 2 Outside Body Changes	• I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies • I can identify how boys' and girls' bodies change on the outside during this growing up process • I recognise how I feel about these changes happening to me and know how to cope with those feelings
	Piece 3 Inside Body Changes	• I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period) • I recognise how I feel about these changes happening to me and know how to cope with these feelings
	Piece 4 Keeping Ourselves Clean	• I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy • I know some simple ways of keeping clean which can keep me healthy and protect me from some infections • I have started to think about the ways to keep my body clean as I grow up and how I feel about this
Ages 8-9 Year 4	Piece 2 Puberty and Menstruation	• I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this • I have strategies to help me cope with the physical and emotional changes I will experience during puberty Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.
	Piece 3 Being Part of a Family	• I know there are many types of family and that often our family members form part of our inner circle • I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty • I recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this
Age 9-10 Year 5	Piece 2 Puberty for Girls	• I can explain how girls' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally • I understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Piece 3 Puberty for Boys	• I can describe how boys' and girls' bodies change during puberty • I can express how I feel about the changes that will happen to me during puberty
	Piece 5 Looking Ahead 1	• I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (includes clarification on standing up for self, how age restrictions are there to help you, the pressures of misleading media messages around romantic/physical relationships) • I am confident that I can cope with the changes that growing up will bring
Age 10-11 Year 6	Piece 2 Puberty	• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • I can express how I feel about the changes that will happen to me during puberty

	Piece 4 Conception	• I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby • I appreciate how amazing it is that human bodies can reproduce in these ways Parents have the right to withdraw children from this session as it is classed as human reproduction.
	Piece 4 Boyfriends and Girlfriends	• I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend • I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to

Working in partnership with you

We recognise that you know your child best, and that learning about growing up, relationships and change is most effective when schools and families work together. Your child may well ask you questions about what they're learning - this is a positive sign of engagement! There are leaflets available with tips for talking with your child about these topics, including suggestions for books you might find helpful.

If you have any questions about this term's PSHE content, or would like to discuss any aspect of our approach, please contact the school office. We're always happy to talk through the curriculum with you.

Kind regards,

Mrs Yates and Mrs Burt
PSHE Leads

