BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY
CEO/Executive Headteacher: Mrs S J Moore
Email: BAP.enquiries@abbeyacademies.co.uk
Abbey Road **Tel: 01778 422163**
Bourne

24th April 2025

Dear Parents and Carers,

YEAR 5 CHANGING ME PARENTS/CARERS WORKSHOP

The Term 6 Jigsaw unit is titled Changing Me. The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and the programme builds progressively across school in an age-appropriate manner to ensure that our children leave primary school with the statutory and essential knowledge needed.

Overleaf is an overview of the Year 5 Changing Me unit.

Relationships Education and Health Education are statutory for all primary schools but we would value the opportunity to share these statutory requirements so you are clear about the curriculum we intend to teach the children, why we feel this is so important, and also the aspects parents/carers have the right to withdraw their children from.

We invite you to attend a session at school in which we will give you a transparent and comprehensive picture of what we are planning to teach in the unit.

Date: Thursday 15th May **Time: 3:20 p.m.** **Venue: Year 5 classroom**

Due to the nature of these sessions, it is not appropriate for children to attend. To enable as many parents and carers to attend as possible, we will provide childcare for any primary school age child in one of the classrooms in school; this will be supervised by a member of teaching staff.

This unit contains **one lesson that is classified as sex education** and sits outside the statutory requirements of the Health Education and science curriculum. It is your legal right to withdraw your child/ren from this lesson should you wish to. If you are considering this option, then we advise that you attend the workshop session to discuss your concerns and speak to your child's class teacher for the process of withdrawal.

We hope you, like us, will see the materials in Jigsaw as beneficial to our children, helping to safeguard them, and will look forward to sharing them with you and answering any questions you may have.

The Year 5 and PSHE Team

Piece 1 Self and body image	• aware of my own self-image and how my body image fits into that.
Piece 2 Puberty for Girls	• explain how girls' bodies change during puberty and why. • understand the importance of looking after themselves physically and emotionally. • understand that puberty is a natural process that happens to everybody and that it will be OK for them. • **This lesson also covers National Curriculum science to describe the life process of reproduction in some plants and animals, including humans.**
Piece 3 Puberty for Boys	• describe how boys' and girls' bodies change during puberty and why. • express how they feel about the changes that will happen to them during puberty. • **This lesson also covers National Curriculum science to describe the life process of reproduction in some plants and animals, including humans.**
Piece 4 Conception	• understand that sexual intercourse can lead to conception and that is how babies are usually made. Also understand that sometimes people need assisted conception to help them have a baby. • appreciate how amazing it is that human bodies can reproduce in these ways. • **This is classified as a Sex Education lesson outside of the Statutory Health Education elements so the option is available to withdraw your child from this lesson should you choose to do so.**
Piece 5 Looking Ahead 1	• identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
Piece 6 Looking Ahead 2	• identify what I am looking forward to when I move to my next class.