



# Swallowfield Primary

Weathercock Close, Woburn Sands, Milton Keynes, MK17 8SR, Tel: 01908 582101

Monday 13<sup>th</sup> April 2026

Dear Parents/Carers,

At our school we value working in partnership with you to support your child's personal development and wellbeing. This letter provides information about the PSHE content we will be teaching this term, particularly the statutory Relationships and Health Education elements.

## Our approach to PSHE

At Swallowfield Primary we use Jigsaw, the mindful approach to PSHE, as our comprehensive scheme of work. The programme consists of six half-term units of work, which we call 'Puzzles': Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. Each Puzzle contains six lessons that build progressively through the school.

Our PSHE policy, which outlines our whole-school approach, how we make adaptations to the Jigsaw content and ensure that lessons meet the needs of all pupils, is available *on our website*

## Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons, which we explain further below.

## This term's content:

### First half of Summer Term: Changing Me

The Changing Me Puzzle helps children understand and cope positively with change. As in all the Jigsaw PSHE Puzzle units, content is carefully matched to children's age and developmental stage:



Head Teacher: Mrs K Brewer NPQH  
Email: [enquiries@swallowfieldprimary.com](mailto:enquiries@swallowfieldprimary.com)  
[www.swallowfieldlowschool.co.uk](http://www.swallowfieldlowschool.co.uk)



Children learn about puberty as part of their statutory Health Education, in line with statutory expectations that all pupils are prepared before puberty begins. Puberty can start any time between the ages of 8 and 11, so this teaching ensures children understand the changes ahead and feel informed rather than anxious. This includes learning about physical and emotional changes, menstruation, personal hygiene during puberty, and strategies for managing these changes positively. Teaching is designed to help children feel prepared and to encourage them to talk to trusted adults at home or school if they have questions.

### **Second half of Summer Term: Relationships**

Positive relationships are woven throughout our PSHE curriculum all year, but the Relationships Puzzle provides focused teaching on the different relationships children have with friends, family and wider communities. Children learn about the characteristics of healthy relationships, how relationships change as we grow, and how to keep themselves safe in all contexts, including online.

The DfE recommends that all primary schools include age-appropriate Sex Education, and we follow this guidance by teaching one Sex Education lesson in Year 5 and one in Year 6.

### **Understanding Sex Education and the right to withdraw**

These specific lessons focus on human reproduction within our PSHE curriculum and are clearly identified in the table below.

While Relationships and Health Education (including all puberty content) are statutory and form part of your child's entitlement, you do have the right to request withdrawal from the non-statutory Sex Education lessons on human reproduction **that are taught within PSHE**. These lessons are highlighted in the table below.

If you are considering withdrawal, we ask that you contact your child's class teacher so we can discuss your concerns, explain what your child will learn and miss, and talk through any implications. We find that when parents understand the age-appropriate, scientific nature of the content, most feel reassured about their child's participation.

Please note that there is no right to withdraw from teaching about human reproduction when taught as part of our Year 5/Year 6 Science curriculum on animal life cycles, as this is statutory Science curriculum content.

### **What will my child learn?**

The attached Knowledge Organisers provide an overview of both the Relationships and Changing Me content for this term. Below, we provide specific detail about the Changing Me Puzzle, particularly the lessons relating to puberty and human reproduction.

The content shown reflects our PSHE curriculum, which has been developed in line with statutory requirements and our school's values and context.

All content is taught by class teachers and is carefully matched to each year group's developmental stage. We do not teach beyond the remit of each year group. If children ask questions that go beyond the planned content, teachers will acknowledge the question positively and either suggest the child discusses this at home or explain that we'll explore that topic at a later stage in their learning.

The table below only covers the lessons (pieces) that relate to life cycles, the human body in puberty and human reproduction. The lessons (pieces) that parents are able to withdraw their children from are highlighted in red font.

Age 9-10 Year 5	Piece 2 Puberty for Girls	<ul style="list-style-type: none"> <li>• I can explain how girls' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally</li> <li>• I understand that puberty is a natural process that happens to everybody and that it will be OK for me</li> </ul>
	Piece 3 Puberty for Boys	<ul style="list-style-type: none"> <li>• I can describe how boys' and girls' bodies change during puberty</li> <li>• I can express how I feel about the changes that will happen to me during puberty</li> </ul>
	Piece 4 Conception	<ul style="list-style-type: none"> <li>· 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</li> <li>• I appreciate how amazing it is that human bodies can reproduce in these ways</li> </ul> <p><b>Parents have the right to withdraw children from this session as it is classed as human reproduction.</b></p>
	Piece 5 Looking Ahead 1	<ul style="list-style-type: none"> <li>· 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)</li> <li>· I am confident that I can cope with the changes that growing up will bring</li> </ul>

### 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

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

Kind regards,

Yours sincerely

Helen Woodman and Emma Rand