



# Mark First C of E Academy

Creating a Love of Learning

21<sup>st</sup> April 2026

Dear Parents / Carers,

## Summer Term- PSHE (Personal, Social and Health Education)

Government statutory guidelines, implemented from September 2020, states 'all primary age children will be taught Relationships and Health Education through PSHE in addition to their Science lessons'. We follow the *Jigsaw* programme for teaching PSHE, which ensures that lessons are taught as a 'spiral' curriculum; continuously building on pupils' knowledge year by year. [www.jigsawpshe.com](http://www.jigsawpshe.com)

Throughout term 5 and 6, pupils will be taught the PSHE *Jigsaw* lessons, 'Relationships' and 'Changing Me'. These topics deal with many changes that the pupils will experience, through a series of age-appropriate lessons. Each lesson is taught sensitively and is designed to meet the pupils' needs at each developmental stage, preparing them for changes that they will experience as they grow up.

### Through PSHE lessons pupils will learn;

- Ways to express their feelings appropriately
- The importance of positive relationships, including online
- Changes that take place as we get older
- Ways to manage change
- The correct scientific terminology to describe parts of the body (linked to Science lessons)
- Parts of the body that are private
- How to respect our body and keep healthy and safe

In addition, Year 3 will also focus on changes experienced through puberty. Year 4 will also focus on menstruation and conception, in preparation for Relationships and Sex Education which is taught in Year 5.

Please note that, as Relationships Education PSHE is a statutory part of the PSHE curriculum, and essential for all pupils, parents/carers are unable to withdraw their child from these lessons. If you would like to discuss the specific content of our PSHE programme, vocabulary used and RSE policy, please speak to your child's class teacher or refer to our school website

Yours sincerely

**Mrs Bull**  
**Deputy Headteacher**

### Mark First C of E Academy

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