

# Cheapside CofE Primary School

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Headteacher: Mr. Martucci



Monday 1<sup>st</sup> June 2026

Dear Parents and Carers,

## Sex Education

For the remainder of the term, we will be focusing on the Changing Me Puzzle (unit) from our PSHE Scheme of work (Jigsaw) which we complete at this time of year, every year.

**Teaching children about puberty is a statutory requirement** which sits within the Health Education part of the DfE guidance within the 'Changing Adolescent Body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit). At the end of Year 3, we begin to teach children about changes to their body on the inside/outside during the growing process.

Body changes will be introduced very gently in Year 3 because some girls may start their periods early and it is necessary to prepare them for this, so that they aren't scared or worried. They may also begin to notice some outward body changes e.g. growth of underarm hair and the beginning of body odour.

## **Sex Education**

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'. However, '**Sex Education is not compulsory in primary schools**'. Schools are to determine the content of sex education at primary school.

Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'. At Cheapside School, we believe children should understand the facts about human reproduction before they leave primary school and we will teach Sex Education in Year 5 and 6. 2 members of staff will be present to deliver all sex education lessons.

We define Sex Education as:

- Human conception and birth

We teach this as part of the PSHE curriculum using the Jigsaw programme. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education and our Discovery RE programme. Conception is introduced in Year 5 building on the work started in Year 4 on puberty. Conception and childbirth will be covered in more detail (but still age-appropriately) in Year 6.

## **Parents' right to request their child be excused from Sex Education**

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance (p.17).

At Cheapside School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that Sex Education refers to human reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) lessons as follows:

- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 3 (Conception, birth)
- Year 6, Lesson 4 (Adolescent friendships)

We will not be teaching the Sex Education lesson outlined in the Jigsaw scheme in Year 4 (Having a Baby) but as an alternative to this lesson we will focus on the responsibilities of parenthood, the kinds of things that influence our lives as we grow and how people may feel about this.

In Year 6 we will be focusing on Adolescent Friendships rather than the suggested "Boyfriends and Girlfriends" lesson. This focuses on some of the balance between wanting to fit in, when to be assertive and how to behave in different scenarios.

A full copy of our PSHE policy can be found on our website in the policies section. Should you have any questions, please let me know.

Yours sincerely



**Mr Conrad Martucci**  
**Headteacher**