



The Parkland Federation

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Aim high, work hard, dream BJJ

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10th June 2019

Dear Year 5 Parents and Carers,

This school year we have been implementing the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE.

The lessons since September have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

Term 6's unit is called ***Changing Me***. The Year 5 lessons will focus on the following:

Session	Outcome
1. Self and Body Image	I know how to develop my own self esteem.
2. Puberty for girls	I can describe how boys and girls bodies change during puberty. I understand that puberty is a natural process that happens to everybody and that it will be ok for me.
3. Puberty for boys	
4. Conception (This leads on from the non-optional science lessons that have already taken place.)	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.
5. Looking Ahead	I can identify what I am looking forward to about becoming a teenager and understand that brings growing responsibilities (age of consent).
6. Looking Ahead to Year 6	I can identify what I am looking forward to when I am in Year 6.

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

If you would like to chat to us and view the Jigsaw file, the Year 5 team will be available at 2:45pm on Wednesday 12th 2019. Please sign in at the infant reception where we will meet you. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children.

Kind Regards,

The Year 5 team

