



Tuesday 2nd June 2026

Dear Parent/Carer,

The government made Relationships and Sex Education (RSE) and health education statutory for all primary schools from September 2020. We believe this is an important part of safeguarding children.

At St Nicolas, we use Jigsaw as a scheme of work to support our Personal, Social and Health Education (PSHE) lessons. Jigsaw states that schools can still confidently carry on with our planned teaching and learning as this is in line with the current statutory guidelines.

All our materials are continually reviewed and updated to ensure that they meet the current guidance and research reflecting the needs of our children.

During this half term we will be teaching the 'Changing Me' unit. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty. In Key Stage 1 we introduce scientific terminology for body parts, including genitalia, both for safeguarding reasons and to lay the foundations for learning about puberty later.

As parents you have the right to withdraw your child from the non-statutory elements of our teaching of sex education. These will be the lessons on human reproduction. However, under the National Curriculum, the basics of sex education fall within the science curriculum, which is a statutory subject and therefore pupils cannot be withdrawn from these parts of the lessons. You are unable to withdraw your child from any lessons within Relationships and Sex Education or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact the class teacher so we can discuss the implications of withdrawing.

The RSE we teach in PSHE through the Jigsaw programme will complement science teaching and will concentrate on teaching children how to enjoy healthy, appropriate relationships, improve self-esteem and self-confidence, and make healthy, informed choices. Please find attached a detailed leaflet with specific information to support this unit of work from Jigsaw.

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope that the information we have provided is helpful in understanding what your child will be learning next half term.

Further information, including example lessons can be found on our school website here: [Personal Social Health Education \(Including Relationship and Sex Education\) | St Nicolas CofE Academy](#)

Yours Sincerely
Mr Meikle
Headteacher