



*'Our Best at all Times'*

Headteacher: Mrs Mitzi Nichol

Dear Parents and Carers

PSHE (Personal, Social and Health Education) is the curriculum subject that gives children the knowledge, understanding and practical skills to live safe, healthy, productive lives and meet their full potential. As part of our PSHE program, we will be delivering Relationships Sex and Health Education lessons (RSHE) to the children in Y5. This will begin to take place after half term.

The lessons will cover:

- Becoming aware of their own self-image and how body image fits into that
- Explaining how a girl's body changes during puberty
- Describing how boys' and girls' bodies change during puberty
- Understanding that sexual intercourse can lead to conception and that is how babies are usually made
- Identifying what they are looking forward to about becoming a teenager
- Identifying what they are looking forward to when they move to their next class

We will follow lessons from the Jigsaw Scheme of Work which we use for all of our PSHE lessons. All resources are fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association. Below you will find the website link and access code if you wish to view some of the online lesson planning and slides that we will be using to help deliver lessons.

To Access, please visit: <https://jigsawpshe.online/parent> and enter the code: **47070-07135**

A guide for parents about Relationships Sex and Health Education can be found on our website under the Curriculum and Assessment, PSHE/RSHE. On our website also is our Relationships Sex and Health Education Policy. Please note, if you would like to withdraw your child from the non-statutory components of sex education only within RSHE, please complete the form at the end of the policy and return to Mrs Nichol no later than **Friday, 22 May 2026**.

If you have any questions, email the Y5 team: [y5@stillnessjs.lewisham.sch.uk](mailto:y5@stillnessjs.lewisham.sch.uk)

Yours sincerely

The Y5 Team

