

Personal, Social and Health Education (PSHE) and Relationships and Health Education (RHE)



CHANGING ME: Introducing names of body parts

We use the Jigsaw PSHE (Personal, Social, Health Education) Scheme from Cubs Nursery to Year 2.

Jigsaw is a teaching and learning programme and includes the statutory RHE (Relationships and Health Education). It has a strong focus on emotional and mental health and wellbeing. We have to teach this and we will do it in an age appropriate way. All schools will be teaching this.

As a school will be respectful of the faith, beliefs and contexts of our children's families.

Jigsaw is a great scheme which includes lessons on ALL aspects of RHE.

Cotmanhay Juniors use the same scheme which means that their learning continues smoothly when they move to year 3.

Sex Education is not compulsory in Key Stage 1 within Infant Schools, but it's very important that our children begin to use the correct words for their body parts. This will help children understand their bodies and know which parts of their bodies are private which is also supported with our NSPCC Pants assemblies which are being held on the 9th of July.

Jigsaw's 'Changing Me' unit is taught in the second half of the summer term.

The teachers will build on what the children have already learnt and what is appropriate for their age.

Please note: sometimes a child may ask a question that is not appropriate for us to talk with them about and answer. If this happens we will say it's best to ask parents / carers and the we will let you know.

The Changing Me unit is all about coping positively with change and includes:

- Ages 2-5 Growing up: how we have changed since we were babies.
- Ages 5-6 Boys' and girls' bodies; correct names for body parts (vagina, penis, testicles, vulva, anus).
- Ages 6-7 Boys' and girls' bodies; body parts (vagina, penis, testicles, vulva, anus) and respecting privacy (which parts of the body are private and why this is).

Body part names will be taught in school next week, week beginning the 28th June.

