

# St Mary's Lewisham CE Primary School

Headteacher: Mrs Christine Graham

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## "Personal Development at St Mary's is Outstanding" - Ofsted Dec 2021

### Our Vision

To be a learning community that promotes the unique gifts, wellbeing and potential of every person. Our work is founded on the life and teaching of Jesus Christ, building on His message of equality, peace and justice, guided by His words 'As I have loved you, so you must love one another' (John 13:34).

Monday 22nd May 2023

Dear Parents / Carers,

### Relationships, Sex & Health Education (RSHE)

In the Summer term, all classes will be delivering the 'Relationships' and 'Changing Me' Modules from the Jigsaw Curriculum. In Summer 1 we will be teaching the 'Relationships' unit and in Summer 2 we will be teaching the 'Changing Me' unit. Below is the outline of the themes for each lesson for your child's particular year group.

#### Year 5

Summer 1 - Relationships	
Jigsaw Piece 1	Self-recognition and self-worth
Jigsaw Piece 2	Building self-esteem
Jigsaw Piece 3	Safer online communities
Jigsaw Piece 4	Online gaming & reducing screen time
Jigsaw Piece 5	Dangers of online grooming
Jigsaw Piece 6	SMARRT internet safety rules

Summer 2 - Changing Me	
Jigsaw Piece 1	Self-and body image
Jigsaw Piece 2	Puberty for girls
Jigsaw Piece 3	Puberty for boys
Jigsaw Piece 4	Conception (including IVF)
Jigsaw Piece 5	Growing responsibility
Jigsaw Piece 6	Preparing for transition

We do, as always, want to work in partnership with our parents and carers, and, also wish to remind you of your right to withdraw your children from this aspect of the PSHE curriculum. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children.

A copy of the school's [Relationships and Sex Education policy](#) is available on our school website. If you have any further questions about the content of the curriculum, please do not hesitate to arrange a meeting with the class teacher or Miss Rowe, PSHE Coordinator.

Yours sincerely,

Miss S Rowe  
PSHE Coordinator

