



# Golden Valley Primary School

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*'Sharing Kindness,  
Challenging Ourselves and Others,  
Achieving Excellence'*

**Headteacher: Mr R Riordan BA (QTS) Hons., NPQH**

21<sup>st</sup> May 2026

Dear Parents and Carers

## RSE (Relationship and Sex Education)

Since September 2020, primary schools in England have been legally required to teach Relationships and Health Education alongside other aspects of our PSHE and Science teaching. At Golden Valley, we teach PSHE (Personal, Social, Health Education) and RSE (Relationships and Sex Education) using the Jigsaw curriculum. The programme consists of 6 termly units, each with 6 lessons (Jigsaw puzzles). These are: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

The purpose of this letter is to inform you of the statutory requirements placed on schools, what we plan to teach and when for this topic. The government statutory guidance gives parents the right to request to withdraw their child from Sex Education; this letter explains more about what Sex Education is and how you can find out more about this if you wish to.

## Y4-Y6 Parent and Carer Information Sessions

We are eager to work in partnership with parents and carers. For this reason we are offering a session on:

**Tuesday 2<sup>nd</sup> June at 3pm**

We will show you the lesson content for the sessions for all of the Y4, Y5 and Y6 lessons that cover the RSE part of the PSHE/RSE Curriculum.

We will offer this session again each year. Please note that we will not teach any of the RSE content until week 3 of Term 6, after this information session. If you wish to withdraw your child from the content identified in the attached document, please inform the school office.

Please be aware that your child may ask you questions on what they have learnt. You might find the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) useful.

In Term 6, we will be teaching the 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change. In Key Stage 2, they will learn about puberty in this 'puzzle'. In Key Stage 1, we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later.



The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles. In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor. In Key Stage 2, there is a particular focus on the Health Education element of puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

At Golden Valley School we define 'Relationships and Sex Education' as the lifelong learning about physical, moral, social, cultural and emotional development. It is about understanding the importance of positive relationships and of respect, love and care. Within this context, it also involves learning about sex and sexual health at an age-appropriate stage of children's development. Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw 'Changing Me' topic. (Please note that animal reproduction is a statutory element of the Year 5 Science curriculum.)

As parents, you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons on human reproduction (please refer to the appendix for the exact lessons). You are not able to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact your child's class teacher so we can discuss the implications of withdrawing.

We hope that the information we have provided is useful in understanding what your child will be learning this next term. Please refer to our PSHE and RSHE policy for further information.

If you have any further questions, please contact your child's teacher.

Kind regards,

Kim Hobbs  
PSHE / RSE Lead

