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Headteacher: Dr A Petrie



## *Exploring Faith, Life and Learning*

22<sup>nd</sup> May 2026

Dear Parents and Carers,

As part of our PSHE (Personal, Social, Health and Economic Education) curriculum this term, children across school will be taking part in the "Changing Me" unit from the Jigsaw PSHE scheme of work.

The "Changing Me" unit helps children to understand how they grow and change as they get older. Lessons are taught in an age-appropriate way and are planned to support children's emotional wellbeing, confidence and understanding of themselves and others.

Across school, we use consistent vocabulary and accurate terminology relating to body parts when teaching PSHE. This helps children to develop a clear and respectful understanding of the topics being discussed. As a result, your child may come home using or asking about vocabulary covered in lessons. We encourage open and supportive conversations at home should this happen.

All PSHE lessons are delivered in a safe, respectful and supportive environment. Children are encouraged to listen to one another, ask questions appropriately and use accurate terminology sensitively and respectfully.

Schools nationally are currently working within a consultation period relating to updated government guidance for Relationships, Sex and Health Education (RSHE), expected to come into effect from 2026. The proposed guidance places an increased focus on supporting children's wellbeing, developing healthy relationships and promoting online safety. Schools are encouraged to further develop teaching around positive friendships, emotional wellbeing, understanding boundaries, consent, peer influence and staying safe online, including the responsible use of social media and digital technology.

We value the views of parents and carers and are committed to working openly with families throughout this process. If you would like to find out more about the curriculum, discuss the proposed guidance changes or make your views known, please speak to the school office.

During the summer term, the school nurse will visit school to deliver sessions for Year 5 and Year 6 pupils about puberty. These sessions will cover the topic in greater depth than our usual PSHE curriculum. Prior to this, the school nurse will offer an information session for parents and carers so that you can view the content being delivered and make an informed decision about whether you wish your child to take part. Dates for this session will be sent out after the half-term holidays.

If you would like any further information about the content of the "Changing Me" unit, please do not hesitate to contact school. Thank you for your continued support.

Yours sincerely,

Miss Petrie



This school has been awarded a  
**Schools Extra Award 2002**  
for its out-of-hours provision

British Council International Schools Award



METROPOLITAN BOROUGH OF ROCHDALE EDUCATION DEPARTMENT

