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Aycliffe Village Primary School  
Aycliffe Village  
Newton Aycliffe  
Darlington  
DL5 6LG

25 May 2021

Dear Parents / Carers,

You will be aware that, as a part of your child's educational experience at Aycliffe Village Primary, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health Education (PSHE) that gives our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. Following the survey sent out to parents and carers last month I am writing to you with further information regarding the details of the **Sex Education** part of the Relationships and Sex Education (RSE) Policy

We will be using a scheme called **Jigsaw** to help us deliver this programme of work. From September 2020 the Department for Education has made Relationships Education and Health Education compulsory in all schools. Parents will still have the right to withdraw their child from Sex Education.

### **What does the new guidance mean?**

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All of the sessions will be age-appropriate and meet the needs of all pupils in the class.

### **How will this be delivered?**

This guidance will form part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Governing Body. More details about the Relationship and Sex Education policy and details of how we will deliver this programme are available in this letter and on our school website.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

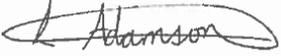
## What will be taught within Sex Education?

To ensure everyone is informed, I have included with this letter further details about the content of the sex education programme and how it will be taught for each year group.

During the Summer term 2021, June onwards, classes will be covering the objectives as mapped out in the programme below. If you **DO NOT** want your child to participate please contact me via email [aycliffevillage@durhamlearning.net](mailto:aycliffevillage@durhamlearning.net) to withdraw your child from these lessons.

If you have any queries please contact me to discuss this further.

Yours sincerely



Mrs Lyn Adamson  
**Headteacher**

## PHSE Unit Changing Me (Sex Education)

There are 6 units of work for each year group. Generally the children will receive one unit of work each week.

This is flexible though and sometimes teachers may feel it is necessary to recap an area of learning from a previous year group if they feel this is needed. As this is the first year of this programme teachers may need to cover previous year group content within the lesson.

During the Summer term 2021 (from June onwards) year groups will be covering the following objectives.

If you **DO NOT** want your child to participate please contact me via email [aycliffevillage@durhamlearning.net](mailto:aycliffevillage@durhamlearning.net) to withdraw your child from these lessons.

<b>Year 1</b>	<b>Life Cycles</b> I am starting to understand the life cycles of animals and humans.  I understand that changes happen as we grow and that this is OK.	<b>Changing Me</b> I can tell you some things about me that have changed and some things about me that have stayed the same.  I know that changes are OK and that sometimes they will happen whether I want them to or not.	<b>My Changing Body</b> I can tell you how my body has changed since I was a baby.  I understand that growing up is natural and that everybody grows at different rates.	<b>Boys and Girls Bodies</b> I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina.  I respect my body and understand which parts are private.	<b>Learning and Growing</b> I understand that every time I learn something new I change a little bit. I enjoy learning new things.	<b>Coping with Change</b> I can tell you about changes that have happened in my life.  I know some ways to cope with changes.
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<p><b>Year 2</b></p>	<p><b>Life Cycles in Nature</b> I can recognise cycles of life in nature.</p> <p>I understand there are some changes that are outside my control and can recognise how I feel about this.</p>	<p><b>Growing From Old to Young</b> I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can identify people I respect who are older than me.</p>	<p><b>The Changing Me</b> I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>I feel proud about becoming more independent.</p>	<p><b>Boys and Girls Bodies</b> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>I can tell you what I like/don't like about being a boy/girl.</p>	<p><b>Assertiveness</b> I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like and can ask for help.</p>	<p><b>Looking Ahead</b> I can identify what I am looking forward to when I am in Year 3 I can start to think about changes.</p> <p>I will make when I am in Year 3 and know how to go about this.</p>
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<p><b>Year 3</b></p>	<p><b>How Babies Grow</b> I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.</p> <p>I can express how I feel when I see babies or baby animals.</p>	<p><b>Babies</b> I understand how babies grow and develop in the mother's uterus.</p> <p>I understand what a baby needs to live and grow I can express how I might feel if I had a new baby in my family.</p>	<p><b>Outside Body Changes</b> I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with those feelings.</p>	<p><b>Inside Body Changes</b> I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p>	<p><b>Family Sterotypes</b> I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p>	<p><b>Looking Ahead</b> I can identify what I am looking forward to when I am in Year 4.</p> <p>I can start to think about changes I will make when I am in Year 4 and know how to go about this.</p>
<p><b>Year 4</b></p>	<p><b>Unique Me</b> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p>	<p><b>Having a Baby</b> I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>I understand that having a baby is a</p>	<p><b>Girls and Puberty</b> (separate girls' session) I can describe how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation (having</p>	<p><b>Circles of Changes</b> I know how the circle of change works and can apply it to changes I want to make in my life I am confident enough to try to make changes when I think they will benefit me.</p>	<p><b>Accepting Changes</b> I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>I can express my fears and concerns about</p>	<p><b>Looking Ahead</b> I can identify what I am looking forward to when I am in Year 5 .</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can</p>

	I appreciate that I am a truly unique human being.	personal choice and can express how I feel about having children when I am an adult.	periods) is a natural part of this.  I have strategies to help me cope with the physical and emotional changes I will experience during puberty.		changes that are outside of my control and know how to manage these feelings positively.	describe how to go about this.
<b>Year 5</b>	<b>Self and Body Image</b> I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem.	<b>Girls and Puberty</b> I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.  I understand that puberty is a natural process that happens to everybody and that it will be ok for me.	<b>Boys and Puberty</b> I can describe how boys' and girls' bodies change during puberty.  I can express how I feel about the changes that will happen to me during puberty.	<b>Conception</b> I understand that sexual intercourse can lead to conception and that is how babies are usually made.  I also understand that sometimes people need IVF to help them have a baby.  I appreciate how amazing it is that human bodies can reproduce in these ways.	<b>Looking Ahead</b> I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).  I am confident that I can cope with the changes that growing up will bring.	<b>Looking Ahead to Year 6</b> I can identify what I am looking forward to when I am in Year 6.  I can start to think about changes I will make when I am in Year 6 and know how to go about this.

<p><b>Year 6</b></p>	<p><b>Self and Body Image</b> I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem.</p>	<p><b>Puberty</b> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p>	<p><b>Girl and Boy Talk</b> I can ask the questions I need answered about changes during puberty.</p> <p>I can reflect on how I feel about asking the questions and about the answers I receive.</p>	<p><b>Babies- Conception to Birth</b> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on the development and birth of a baby.</p>	<p><b>Attraction</b> I understand how being physically attracted to someone changes the nature of the relationship.</p> <p>I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this</p>	<p><b>Transition to Secondary School</b> I can identify what I am looking forward to and what worries me about the transition to secondary school.</p> <p>I know how to prepare myself emotionally for starting secondary school.</p>
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