



St Michael's Church School

Constantine Drive
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Tuesday 2nd June 2026

Dear Parents and Carers,

As part of our Personal, Social, Health and Economic (PSHE) curriculum, pupils will be taking part in our **Relationships, Sex and Health Education (RSHE)** unit this term.

At St Michael's school, we follow the **Jigsaw PSHE scheme of work**, which provides a carefully sequenced, age-appropriate programme that supports children's personal development, wellbeing and understanding of relationships. As outlined in our **PSHE and RSE Policy (available on the school website, or upon request from your child's class teacher)**, this scheme enables us to deliver the statutory **Relationships Education and Health Education** curriculum in a structured and progressive way.

RSHE is an important part of children's education. It helps pupils to build the knowledge, skills and understanding they need to form positive relationships, stay safe, and maintain their health and wellbeing. During this unit, children will explore age-appropriate topics such as:

- different types of relationships, including friendships and family
- respect, kindness and healthy relationships
- personal safety and recognising when something is not right
- physical and emotional health and wellbeing
- changes as they grow (including puberty for older pupils)

These themes are taught through the Jigsaw unit "**Changing Me**", which focuses on life cycles, growth, and understanding change in an age-appropriate and supportive way.

For pupils in **Years 5 and 6**, this unit may also include **non-statutory sex education**, which covers human reproduction in a factual and sensitive manner.

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Parent right to withdraw

We recognise that parents and carers' are children's first educators, and we work in partnership with you on these matters.

As stated in our PSHE and RSE Policy:

- Parents **have the right to request withdrawal from some or all of the non-statutory sex education** elements of the curriculum.
- However, parents **cannot withdraw their child from:**
 - Relationships Education (statutory)
 - Health Education, including puberty (statutory)
 - Science curriculum content related to reproduction (statutory)

If you are considering withdrawing your child, we strongly encourage you to speak with your child's class teacher in the first instance so that we can discuss the content fully and answer any questions you may have.

Further information

We are committed to ensuring that RSHE is taught in a **safe, inclusive and age-appropriate way**, and that children feel supported throughout their learning. Full details of our approach can be found in the **PSHE and RSE Policy on the school website**, where further information about the Jigsaw programme is also available. Attached to this letter is also the knowledge organiser, provided by Jigsaw PSHE, which outlines key vocabulary taught within your child's year group.

If you have any questions or would like to discuss the curriculum further, please do not hesitate to contact the school office.

Thank you for your continued support.

Warm regards,

Mrs H Daulton
Head of School

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