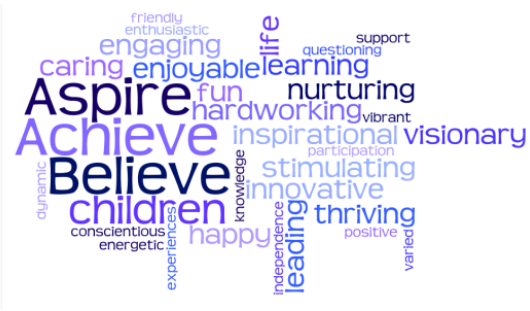


Coppice Primary School
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Friday 22nd May 2026

Re: RSHE (Relationship, Sex and Health Education) Lessons

Dear Parents/Carers,

Next half term the children will access Puzzle 6 'Changing Me' as part of their learning in PSHE. In this unit, children will learn about the human body; naming body parts, how to look after and respect the body and how it changes as they grow.

At Coppice, the aim of RSHE lessons is to provide children with *age appropriate information*, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour. Due to some changes in legislation, some content that was traditionally taught as part of 'Sex Education' (such as puberty) is now considered Health Education. Parents have the write to withdrawn their children from 'Sex Education' lessons, they do not have the right to withdraw them from 'Health Education' lessons. The 'Sex Education' lessons are highlighted in yellow below:

Right to Withdrawal (Sex Education)			
EYFS	• Bodies • Respecting My Body • Growing Up • Growth & Change • Fun & Fears • Celebrations	**Year 4**	• Unique Me • Girls & Puberty • Having a Baby • Circles of Change • Accepting Change • Looking Ahead
Year 1	• Life Cycles • Changing Me • My Changing Body • Boys & Girls Bodies • Learning & Growing • Coping with Changes	**Year 5**	• Self & Body Image • Puberty for Girls • Puberty for Boys • Conception • Looking Ahead – 1 • Looking Ahead - 2
Year 2	• Life Cycles in Nature • Growing from Young to Old • The Changing Me • Boys and Girls Bodies • Assertiveness • Looking Ahead	**Year 6**	• My Self Image • Puberty • Babies – Conception – to Full Term/Birth • Boyfriends & Girlfriends • Real Self & Ideal Self • The Year Ahead
Year 3	• How Babies Grow • Babies • Outside Body Changes • Family Stereotypes • Looking Ahead		



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If you would like to view the content of these lessons, there are **TWO** options available to you. You can:

- Request an 'Access Code' from the office and view the materials on the 'Parent Portal' of Jigsaw's website.
- Make an appointment and view printed and laminated copies of the lesson plans in our Meeting Room.

Please avoid sharing the access codes amongst yourselves as we are tracking which families are requesting them.

If you have any questions of queries, your first point of contact should be your child's class teacher. Should you decide, after viewing the materials and a discussion with the class teacher, that you wish to withdraw your child from these lessons, please make an appointment to meet with a member of SLT.

Thank you for your continued support,

Yours faithfully

Kelly Sears
PSHE/RSHE Leader