



'Kind, Respectful, Best'

# Brookland Federation **Brookland Junior School**

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**Executive Headteacher – Mrs M. Barton**

**Head of School - Mr A. Pugh**



Friday 15th May 2026

## Relationship and Health Education

Dear Parents & Carers,

As part of our PSHE curriculum, it is a statutory requirement for the school to deliver Relationship and Health Education (RHE) to Year 5.

We deliver this as part of our PSHE lessons and content will be covered over a number of weeks, during the second half of the summer term. The curriculum we are delivering is created by 'JIGSAW' and is quality assured by the PSHE Association. Jigsaw was the British Educational Suppliers Association (BESA) Award Winner 2024 for Outstanding Support Service. This is the second year that we will be using the Jigsaw scheme of learning, following overwhelmingly positive feedback from last year.

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks. Each year group will be taught content that is appropriate to their age and developmental stage, building on the previous years' learning. The Ages 9-10 (Year 5) 'Changing Me' lessons are all about coping positively with change. The lessons will be as the following:

1. Self image and body image
2. Puberty for girls
3. Puberty for boys
4. Looking ahead 1
5. Looking ahead 2

All lessons are taught using correct age-appropriate terminology, child-friendly language and diagrams.

**Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.**

As part of teaching RHE, we have to share the curriculum and content that we will be delivering to the children with parents and carers. Therefore, we have created a range of documents, including a PowerPoint presentation that discusses the content and explains the curriculum we are going to follow, and what your child will learn. This PowerPoint is available on the school website. Please click on the following link, which will take you to the correct page on the school website: [RSHE Curriculum](#)

As well as this, we have uploaded our school policy on RSHE to the website (same place as the PowerPoints) for you all to read. In addition, on the same page on the school website, there is a RSHE primary school guide for parents. This gives further information about the RSHE curriculum.

Please send in any questions or queries you may have in regards to the policy to your child's class email address with the subject 'RHE.'

**If you do have any questions or queries, please could you make contact with your child's class teacher no later than the end of the school day on Friday 22nd May 2026, as we will be implementing our RHE lessons from after half term.**

Kind regards,  
*M. Kaal*

**Mr M Kaal**  
PSHE Curriculum Leader