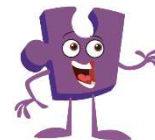




Reception



The Jigsaw 'Changing Me' materials will be delivered to all classes as a daily focus during the week commencing Monday 1st June 2026. During this week, children will receive the teaching from their current year group and the teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge (apart from in Nursery). All lessons are delivered by the usual classroom team to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

My Body

I can name parts of the body

During this session, children will talk about and label parts of the body including: Eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand and leg.

To support with this at home you could: Research parts of the body they are unsure of. Talk about the senses can they find things that taste, smell, touch, look, hear nice/horrible and talk about why.

Respecting My Body

I can tell you some things I can do and some food I can eat to be healthy

During this session children will think about what we need to do to keep our bodies healthy and happy.

To support with this at home you could: Talk about your favourite meals and what you like to do that keeps your body healthy at home.

Draw/take pictures of your favourite things to do at home.

Growing Up

I understand that we all grow from babies to adults

During this session children will think about how they have changed already since they were babies and how they will continue to change as they grow up.

To support with this at home you could: Share pictures from when parents and other family members were young with your child. Discuss how they have grown up.

All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.

Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Duxbury (Principal) and Mr Barber (Deputy Head) can also be available to discuss any issues arising with you, once you have liaised with your child's class teacher.