



Tuesday 29th April 2025



Dear Parents and Carers,

At Grimoldby Primary School, the wellbeing of our children is paramount. This year, we have continued to support children’s wellbeing and promote the importance of looking after your mental health. **Mental Health Awareness Week** takes place this year from 12th to 18th May. The theme for 2025 is Community and celebrating the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. On **FRIDAY 16th MAY** we want to **‘wear it green’** and get out in the community and show our support by completing a Wellbeing Walk. Children are welcome to show support of this by adding a **green** accessory to their school uniform.

Our ‘Wellbeing Check-in’ is used throughout the school for children to share how they are feeling. In KS2, children use an iPad and scan a QR code and in KS1 and Foundation Stage children place their name on one of the feelings monsters from the story, ‘The Colour Monster.’ Class Teachers are then able to identify children who may be struggling and can talk to them or, where appropriate, put in place more targeted support.

Wellbeing at Grimoldby is also promoted through our JIGSAW scheme of work, a comprehensive programme of Personal, Social and Health education that gives children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. Every half term each class focuses on a different theme as shown below.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding own identity and children are encouraged to think about how they fit well in the class, school and global community.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who children want to become and what would they like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise

“Being the best that we can be...”





Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

From September 2020 the Department for Education made Relationships and Health Education compulsory in all primary schools.

What does the guidance mean?

The 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, will give children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. This guidance forms part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly.

All teaching in PSHE takes place in a safe learning environment and is underpinned by our school's vision and values. A variety of opportunities is provided for pupils to ask questions to further their understanding and to find out more about what affects them personally. In the Summer Term the units are about Relationships and Changing Me. The Changing Me Puzzle includes, in every year group, two or three lessons to help children understand the body, the changes puberty brings and how human reproduction happens. This begins in Year 1 with children learning about boys' and girls' bodies and the correct names for body parts. In Year 5 and 6 lessons look more fully at puberty and reproduction.

As with all statutory subjects, there is no right to withdraw from Relationships Education or Health Education or any content from the Science curriculum. This means that pupils cannot be withdrawn from lessons on the Changing Adolescent Body. Parents do however have the right to request that their child be withdrawn from some or all of the Sex Education delivered following discussions with the Headteacher. We believe it is very important to work in partnership with you and we hope you will agree with us that these lessons are important for the children, that it needs to be done age-appropriately and that the JIGSAW programme gives us a secure framework in which to do this.

What will my child actually be taught about puberty and human reproduction?

Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. 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.

The Changing Me Puzzle is all about coping positively with change and includes:

Foundation Stage: Growing up: how we have changed since we were babies.

Year 1: Boys' and girls' bodies; correct names for body parts.

"Being the best that we can be..."



Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Year 3: How babies grow and how boys' and girls' bodies change as they grow older.

Year 4: Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

Year 5: Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Year 6: Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

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

Suggestions and questions

We feel that it is important that there is an open conversation between parents and school to ensure that the children are given the best PSHE and RSE provision possible. We encourage any feedback and suggestions as well as any questions that you, as parents, may have about the coverage. A copy of our PSHE & RSE Policy can be found [here](#) on our website. If you have any questions about the curriculum being delivered to your child/children, please do not hesitate to get in touch by emailing enquiries@grimoldbyprimaryschool.co.uk

We are looking forward to all of our Grimoldby Primary School community coming together on Friday 16th May by wearing something green.

Yours faithfully,

Mrs Becky Taylor

Deputy Headteacher

“Being the best that we can be...”

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