



Courthill Infant School

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4th June 2026

Dear Parent / Carers

We are writing to inform you about the teaching of PSHE for this half term and also upcoming updates to our **PSHE (Personal, Social, Health and Economic Education), including Relationships and Sex Education (RSHE)** policy, which will be implemented from September 2026 in line with current statutory guidance.

This school year, we have continued to follow the Personal, Social, Health and Economic (PSHE) programme across our school called 'Jigsaw, the mindful approach to PSHE'. As many of you may know, Jigsaw is a well-recognised and widely-used programme across the education sector, one that Ofsted is very familiar with. The lessons build children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

In line with current statutory guidance, we are reviewing and updating our RSHE policy to ensure it continues to meet legal requirements and supports pupils' well-being, safety and personal development. RSHE helps children to build healthy relationships, understand their emotions, stay safe, and look after their physical and mental health, all in an age-appropriate way. We recognise that parents and carers are the most important educators in children's lives and we are committed to working in partnership with you. RSHE teaching, like the rest of our PSHE curriculum, is carefully sequenced so that learning builds gradually year-on-year, ensuring children receive the right information at the right time.

The final Summer Term puzzle (unit) is 'Changing Me' which includes two or three lessons to help children understand, in an age-appropriate way, the changes that happen to them as they get older (for example from baby to infant). As an infant school, we do not teach sex education, but we have a statutory requirement to teach relationships education (RSHE) and of course follow the Key Stage 1 Science curriculum. Children at Courthill learn the correct, scientific names for body parts, including their private body parts. There is a very serious safeguarding aspect to this work; through learning the correct terminology for their body parts, children are being given the correct vocabulary to enable them to talk about a concern or worry, should they have one. The teaching is done in an age-appropriate way, delivered through the well-researched and sequenced Jigsaw scheme, therefore ensuring that children are taught the right information at the right time. These lessons help to form a solid foundation for learning about puberty and reproduction, which comes much later in primary school and on into Key Stage 3.

In Year 1 we look at, growing up, naming body parts (including using the correct, scientific names for private body parts) as well as changes that have happened in the children's lifetimes. An example of this would be that they used to crawl and now they can walk.

In Year 2 we look at cycles of life in nature (animals and humans), being a baby to old age, changes in our bodies since being a baby, naming body parts (including using the correct, scientific names for private body parts).

The units carefully address misconceptions and support language and emotional development within this subject.

The language we will teach the children for private body parts will be penis, vagina, nipples, testicles, anus, breasts and vulva. The series of lessons will be taking place during the week beginning **Monday 22nd June 2026**.



As part of our engagement process and prior to the delivery of these lessons, I will be holding a short parent workshop on **Tuesday 16th June at 3.15pm in the Hedgehogs classroom**. During this session you will be able to look at the resources that will be used in these lessons, and I will be available to answer any of your questions. Parents and carers can also request to view RSHE teaching materials through the Jigsaw Parent Portal, which is available to all parents on request. Please speak to your children's teacher, who can generate a link for you to access the Jigsaw Portal online. If you would like to attend the workshop, please contact the school office to let us know.

This term, we will also be discussing the NSPCC's Underwear Rule in our PSHE lessons in all year groups. We will use the 'PANTS' acronym, which is like a green cross code for staying safe from sexual abuse. PANTS stands for:

- Privates are private.
- Always remember your body belongs to you.
- No means no.
- Talk about secrets that upset you.
- Speak up, someone can help.

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Yours sincerely,

Mrs Kazimirow
PHSE Lead