



The Federation of Cowick and Pollington-Balne CE Primary Schools

Executive Headteacher: Mrs K Rawes
Chair of Governors: Mrs S Messenger and Mrs A Laycock-Brown



Cowick CE Primary School

Snaith Road, East Cowick, Goole. DN14 9DG
Tel: (01405) 860417
Email: cowick.primary@eastriding.gov.uk
www.cowickprimary.org.uk

Pollington-Balne CE Primary School

Balne Moor Road, Pollington, Goole. DN14 9DG
Tel: (01405) 861916
Email: office@pollington-balne.eriding.net
www.pollingtonbalneprimary.com

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Dear Parents and Carers,

As a part of your child's education at Pollington CE Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, during this half term, your child's class will be taking part in lessons which will focus on the relationships, sex and health education (RSHE) aspect of this programme through the 'Changing Me' puzzle within our Jigsaw Programme of Study.

Lessons in Year 5 and 6 will include pupils learning about self and body-image, what to expect as children become teenagers, relationships including boyfriends and girlfriends, positive self-esteem and looking forward to the changes ahead. Pupils will also have opportunities to ask questions. Children will also learn about puberty, menstruation and conception to birth with the school nurse led team.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

The table below shows a summary of what is taught relating to changing bodies and puberty (in black) and human reproduction (in red).

Puberty and Human Reproduction in Jigsaw 3-11		
F5	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

Puberty and Human Reproduction in Jigsaw 3-11		
Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

If you have any questions about what your child will learn or would like advice on how you can best support your child to discuss these topics at home, please contact the class teacher.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to get in touch.

Parents have the right to request that their child be withdrawn from some or all of sex education, that goes beyond the existing national curriculum for science, delivered as part of statutory Relationships and Sex Education. There is no right to withdraw from Relationships Education at primary or secondary as we and the DFE believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

If you do not wish for your child to take part in the RSHE lessons, please contact the class teacher to discuss this. If we do not hear anything from you before the 9th June, we will assume you give consent.

Yours sincerely,



Katherine Rawes

Executive Headteacher