



Bridlewood Primary School
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Headteacher: Mrs V Sammon

A place for learning, caring, sharing and growing together.

12th May 2026

Dear Parents/Carers

In Term 6 as part of the PSHE curriculum (Personal, Social, Health and Economic Education) all year groups will be taking part in 'Relationships and Sex Education' (RSE). As always, the content is age appropriate, builds upon previous learning, and is sensitively taught to the children.

The materials and 'Jigsaw' scheme of work that we use was introduced several years ago and has proved to be very successful. 'Jigsaw' has been excellent at keeping up to date with current thinking and statutory curriculum changes. The 'Jigsaw' puzzle/theme for this term is 'Changing Me'.

So that you can see what to expect and prepare yourself for any discussions or questions that may arise at home, attached to this letter are the specific RSE learning intentions for each year group in the 'Changing Me' Puzzle.

If you would like to find out more or if you have any questions, please speak to your child's class teacher.

If you wish to withdraw your child from this years' specific sex education lesson/s i.e. the ones in red font on the attached grid, please put this in writing to Mrs Sammon or email your class teacher.

Please note that as it is a statutory requirement, you cannot opt out of the Science, Relationship or Health Education elements of our PSHE teaching.

Kind regards.

Mrs Elborn
PSHE Subject Leader

