


Head of School: Mr Kevin Minnott

Deputy Headteacher: Mr Robin Entwistle

Assistant Headteachers: Mrs Sam Salisbury
& Mrs Tara Treleven


James Dixon
Primary



 James Dixon Primary School, William Booth Road, SE20 8BW

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 jamesdixon.org.uk

James Dixon Primary School

Tuesday 2nd May 2026

Dear Parents and Carers,

PSHE - JIGSAW



At James Dixon we believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our values and our Personal, Social, Health and Education (PSHE) curriculum. This looks at many topics including various relationships, physical and emotional health. The aim of PSHE is to help our pupils make safe and informed decisions during their school years and beyond.

This half term will be starting a unit of work entitled 'Changing Me' as part of the Jigsaw PSHE scheme. This unit looks at how they will change and develop over time. The 'Changing Me' unit is taught over a period of 6 weeks in Term 6.

Each year group will be taught appropriately to their age and developmental stage. 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, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Foundation	Growing up: how we have changed since we were babies
Year 1	Boys' and girls' bodies; naming body parts
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, body changes in girls and menstruation
Year 5	Puberty for boys and girls and conception including how sometimes people need IVF to help them have a baby.
Year 6	Puberty for boys and girls and understanding conception to birth of a baby



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Executive Headteacher: Mrs Michelle Aldred

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

Right to withdraw

Parents do not have the right to withdraw their children from relationships education.

In our Trust, primary school parents have the right to withdraw their children only from the **non-statutory** components of sex education within RSE as outlined in our RSE Policy which is available on our website [Relationship Sex Education \(RSE\) Policy](#). These are:

Year 3	Lesson 4
Year 4	Lesson 2
Year 5	Lesson 4
Year 6	Lesson 3

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If after considering the resources and lessons, you still feel that you would like to withdraw your child from the lessons outlined in the policy, please complete the form (Appendix.4 pg.16) within the policy to make a request to withdraw your child from the non-statutory lesson by **Monday 15th June 2026**.

Kind regards,

K Minnott

Kevin Minnott

Head of School



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