

13 March 2023  
ASt/Apr

Dear Parents/Carers of Year 5

You will be aware that, as a part of your child's educational experience at King's Oak Academy, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education that gives our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

At King's Oak Academy, we teach pupils this through the JIGSAW curriculum. During Terms 5 and 6 we will be covering a range of Relationships and Sex Education (RSE) topics with the pupils as required by the curriculum. This letter is to inform you of the areas that your child's year group will be covering and the day of the week these are expected to be taught. The intent is to allow you the opportunity to discuss these areas with your child prior to their learning if you wish and/or to prepare you for any questions that your child may come home with about topics discussed that day.

You have the right as a parent to withdraw your child from sex education teaching that is outside of the science curriculum. These are **highlighted** in the information below. If you wish to withdraw your child from these elements of the RSE curriculum, please contact your class teacher.

Enclosed is a copy of your child's lesson titles and learning intentions that will be covered in Jigsaw lessons during Terms 5 and 6 on Wednesdays.


If you have any questions or concerns at any point, please contact the teaching team, Miss Southcott or Mrs Watts.

Thank you for your continued support.

Kind Regards



Miss Southcott  
Class Teacher



Mrs Watts  
Head of Middle School

**WORK HARD, BE KIND**

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Your child's year group will be doing these lessons on a Wednesday.

### Relationships:

Lesson title	PSHE Learning intention	Social and Emotional Learning Intention
Getting on and Falling out	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.	I know how to stand up for myself and how to negotiate and compromise.
Girlfriends and Boyfriends	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.	I understand that relationships with a boyfriend/girlfriend are personal and special and there is no need to feel pressured into having a boyfriend/girlfriend.
Recognising Me	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.	I know how to keep building my own self-esteem.
Safety with Online Communities	I understand that belonging to an online community can have positive and negative consequences.	I can recognise when an online community feels safe or uncomfortable.
Being in an Online Community	I understand there are rights and responsibilities in an online community or social network.	I can recognise when an online community is helpful or unhelpful to me.
Online Gaming	I know there are rights and responsibilities when playing a game online.	I can recognise when an online game is becoming unhelpful or unsafe.
My Relationship with technology: screen time	I can recognise when I am spending too much time using devices (screen times)	I can identify things I can do to reduce screen time, so my health is not affected.
Relationships and technology	I can explain how to stay safe when using technology to communicate with my friends.	I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others or myself.

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## Changing Me:

Lesson title	PSHE Learning intention	Social and Emotional Learning Intention
Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.	I appreciate that I am a truly unique human being.
Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Girls and Puberty	I can describe how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.	I have strategies to help me cope with the physical and emotional changes I will experience during puberty.
Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me.
Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept.	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
Self and body image	I am aware of my own self-image and how my body image fits into this.	I know how to develop my self-esteem.
Puberty for girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physical and emotionally.	I understand that puberty is a natural process that happens to everybody and that it will be ok for me.
Puberty for boys	I can describe how boys' and girls' bodies change during puberty.	I can express how I feel about the changes that will happen to me during puberty.
Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways.
Looking Ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring.
Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

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