



Wygate Park Academy  
Witham Road  
Spalding  
Lincolnshire  
PE11 3WT

3<sup>rd</sup> June 2026

Dear Parents/Carers,

As part of your child's educational experience at Wygate Park Academy, we are committed to promoting personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) Education. Through our PSHE curriculum, children develop the knowledge, understanding, attitudes and skills they need to lead healthy, safe and successful lives, both now and in the future.

At Wygate Park Academy, we follow the Jigsaw approach to PSHE, which supports children's emotional wellbeing, personal development and understanding of the world around them.

This term, children will be taking part in the Jigsaw unit "**Changing Me**", which forms part of the statutory Relationships and Health Education curriculum that all primary schools are required to teach. As these lessons are statutory, children are expected to take part in them and cannot be withdrawn from this aspect of the curriculum.

**The unit will cover age-appropriate learning about:**

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes

We understand that some of these topics may lead to questions from children. To ensure lessons are taught in a safe, respectful and supportive environment, each class will establish clear ground rules, including:

- No personal questions being asked
- Respecting the views and opinions of others
- Using appropriate language at all times

Should you have any questions about the content of these lessons, how they will be taught, or how best to support your child at home, please do not hesitate to contact me or your child's class teacher.

**Useful Information:**

[Understanding Relationships and Health Education - a guide for primary school parents \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

[rshe-a-guide-for-parents-and-carers-leaflet-sep-2023.pdf \(jigsawlivercstcmsuk.blob.core.windows.net\)](https://jigsawlivercstcmsuk.blob.core.windows.net/rshe-a-guide-for-parents-and-carers-leaflet-sep-2023.pdf)

Thank you for your continued support.

Yours sincerely,

Mr Hollyoake  
PSHE Lead



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