



Wygate Park Academy
Witham Road
Spalding
Lincolnshire
PE11 3WT

3rd 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 includes learning about body image, puberty, human reproduction, respect and consent. We are sharing this information with parents and carers to ensure you are aware of the content being taught and to support any discussions that may arise at home.

The unit will cover age-appropriate learning about:

- Body image and self-esteem
- Puberty and the physical and emotional changes associated with growing up
- Conception to birth
- Respect, personal boundaries and consent

The lessons covering body image, puberty, respect and consent form part of the statutory Relationships and Health Education curriculum and children cannot be withdrawn from these sessions.

The lesson covering conception to birth is classified as human reproduction. Parents and carers have the right to withdraw their child from this specific lesson. If you wish to withdraw your child, please inform your child's class teacher in writing before the end of the first week of term so that appropriate arrangements can be made.

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
- Understanding that discussions should remain appropriate for children of the same age

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/government/uploads/system/uploads/attachment_data/file/114222/rshe-a-guide-for-parents-and-carers-leaflet-sep-2023.pdf)

[rshe-a-guide-for-parents-and-carers-leaflet-sep-2023.pdf \(jigsawliverpool.gov.uk\)](https://jigsawliverpool.gov.uk/wp-content/uploads/2023/09/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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