

# Fairfields Primary School

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Headteacher  
Mr G. Gaidoni

Monday 1<sup>st</sup> June 2026

Dear Parents/Carers,

This half term, as part of the ongoing Sex and Relationships Education (SRE) programme for the school, we will be completing the 'Changing Me' unit within Jigsaw. Within this topic, we will be exploring body image and self-esteem, and how this can be influenced by images we see in the media. We will then move on to the changes that taken place in girls' and boys' bodies during puberty, including discussing menstruation. We will start off by talking about these changes in single sex groups before recapping the changes as a whole class so that the children can feel comfortable to ask any questions they may have. They will also have the opportunity to ask questions through an anonymous question box – we will follow up all questions that we feel are appropriate in our sessions.

We will then move on to learning about the parts of the male and female anatomy involved in the process of reproduction, as well as how babies are conceived through sexual intercourse. We discuss this in the context of a committed relationship, as well as looking at the age of consent and why it is important to be informed about your own body. We also address that families may have children in a variety of ways, for example IVF or adoption, and that families may be made up of many different relationships.

If you have any concerns or questions about the lessons that we will be covering, feel free to come and see us after school.

Yours faithfully,

Mr I. Gonzalez and Mr P. Vincent

