



Caston CofE Primary Academy

part of the Dove Federation

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Federation Executive Headteacher

Mrs Sarah Disney

Head of School

Mr Marcus Halmshaw

13th April 2026

Dear Parent/Carer,

This school year we have been implementing the RSHE (Relationship, Sex and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE (Personal, Social and Health Education and RSHE).

The lessons have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. The Summer Term Puzzles (units) are about Relationships (unit 1) and Changing Me (unit 2).

The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and obviously the younger year groups are not looking at these issues directly and explicitly but rather learning correct terminology for body parts and doing the foundation work for later year groups. The Years 5 and 6 lessons look more fully at puberty and human reproduction.

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw Programme gives us a secure framework in which to do this.

However, we do as always want to work in partnership with parents and carers, and also wish to inform you of your legal right to withdraw your children from some aspects of this work. The government has made Relationships Education and Health Education statutory for all primary schools from September 2020, and we hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, helping to safeguard them. If you would like to speak to us about it, please do not hesitate to contact the school office.

Kind Regards

Mrs Sarah Disney

Executive Head Teacher

*Ask... and it will be given to you;
Seek... and you will find.
Knock... and the door will be opened to you.*

Matthew 7:7

