

October 2021

Dear Parents & Carers,

As you may be aware the government has updated its requirement for PSHE education to include various strands of relationship and sex education and I want to keep you informed of these changes and what our PSHE curriculum will look like.

My role in school is to ensure your child has the best personal, social, health and economic education possible. The topics we teach in PSHE at Archbishop Sentamu Academy are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

In PSHE lessons, your child will learn what healthy and unhealthy relationships look like and what makes a good friend or colleague, and what makes a successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

As a school we have adopted the Jigsaw curriculum. This is used in all primary schools across Hull and in many secondary schools so it may be that you are already quite familiar with the Jigsaw programme of study.

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Jigsaw Programme of Study at Archbishop Sentamu Academy 2021

At Archbishop Sentamu Academy, we use the Jigsaw programme to deliver PSHE. This programme is used extensively in our partner primaries. The Jigsaw programme of study is designed by Jan Lever who has 35+ years' experience as a teacher, local authority education adviser and psychotherapist, and is Jan's contribution to supporting schools to provide high quality PSHE that meets the needs of their students, helps them know how to be healthy and happy and underpins their learning capacity and academic success.

The Jigsaw programme believes that social and interpersonal skills are vital, and that emotional literacy and positive mental health are key to young people thriving in school and in life. Young people need to be discerning and mindful to negotiate the many influences on them and to have a sense of agency, knowing they have a voice and can make a positive difference.

Woven throughout the Jigsaw PSHE programmes is a strong focus on developing these personal attributes in a structured, age-appropriate and developmental way. Mindfulness philosophy underpins the programme and mindfulness practice is built into every lesson, aiming to support self-regulation, self-awareness and stress management.

Jigsaw 11-16, launched in 2019 after 2 years' development in partnership with schools, builds on the Jigsaw 3-11 Programme which was launched in 2013 and now reaches over 2 million children across the UK and in 35+ countries.

Structure 6 Puzzles

There are 6 half-term units (Puzzles) in each year group from ages 11-15 (Years 7-10), and 4 units (Puzzles) in ages 15-16 (Year 11) (to allow for the reduced teaching time because of examination season).

The Puzzles are sequenced and developmental from the beginning to the end of the school year:

Autumn 1: Being Me in My World
Autumn 2: Celebrating Difference
Spring 1: Dreams and Goals
Spring 2: Healthy Me
Summer 1: Relationships
Summer 2: Changing Me

Each Puzzle has a Big Question, encouraging a philosophical approach as well as providing a focus to be reflected upon as the Puzzle progresses, another way to assess learning progress and become aware of how opinions may be changing with added learning.



All the statutory requirements for RSHE are met across the ages 11-16 programme, and Jigsaw PSHE is aligned with the NCFE (Northern Council for Further Education) RSHE Awards, allowing students to gain external accreditation for their work in this subject without creating extra planning for teachers.

Please check the school PSHE website for details of the relevant PSHE and RSE policies:

<https://asa.hslt.academy/pshe/>

This website contains direct links to the Academy's Relationships and Sex Education Policy, including information about your right to withdraw your child from the sex education elements of the PSHE programme, up to and until 3 terms before your child turns 16.

If you have any questions please email our Acting Head of PSHE directly at s.jones1@asa.hslt.academy

Yours faithfully,

Lee Hill

Senior Leader | Archbishop Sentamu Academy