



School Site: Chanctonbury Road, Burgess Hill, West Sussex, RH15 9EY
College Site: Birchwood Grove Road, Burgess Hill, West Sussex, RH15 0DP
Tel: 01444 244133 **Email:** office@woodlandsmeed.co.uk
Headteacher: Mr Adam Rowland

04th March 2026

Dear Parents/Carers,

Re: Relationship Education

In the Summer term, your son/daughter will be covering the important topics of "Relationships" and "Changing Me". These lessons have been thoughtfully designed to meet the needs of pupils at Woodlands Meed School and are based on the Jigsaw PSHE Curriculum.

The "Relationships" lessons aim to help pupils understand the importance of kindness, respect, and communication in building healthy, positive connections with others. Additionally, the "Changing Me" lessons focus on helping pupils understand life cycles, changes within themselves, and fostering a healthy and positive attitude towards their own development. During these lessons, pupils will also be introduced to the correct terminology for all body parts as part of age-appropriate, inclusive, and respectful discussions.

We understand the importance of tailoring lessons to meet the needs of all pupils. Therefore, the content and delivery of the "Relationships" and "Changing Me" topics will be adapted appropriately to ensure every child feels comfortable and supported while learning.

For more information about Relationship Education at Woodlands Meed, please visit: [Woodlands Meed - Relationship Education](https://www.woodlandsmeed.co.uk/attachments/download.asp?file=1563&type=pdf) or read our Relationship and Sex Education Policy: <https://www.woodlandsmeed.co.uk/attachments/download.asp?file=1563&type=pdf>.

If you have any questions or require further details about the "Relationships" and "Changing Me" topics or the Jigsaw programme, please don't hesitate to contact us. Your continued support in helping us provide an engaging and meaningful learning experience for your children is greatly appreciated.

Attached to this letter, you will find a document detailing the Jigsaw programme. Please pay particular attention to the *Relationships* and *Changing Me* columns, as these directly align with the Relationship curriculum.

Thank you for your cooperation.
Yours faithfully,

Brooke Wright *Primary PSHE Lead*