



Tuesday 25th February, 2025

Dear Parents and Carers,

As you know, we follow a PSHE (Personal, Social and Health Education) programme across our school called 'Jigsaw.' Jigsaw is a whole-school mindful approach to teaching PSHE, with creative teaching and learning activities to nurture children's development as compassionate and well-rounded individuals.

Jigsaw has two main aims for all children:

1. To build their capacity for learning
2. To equip them for life

It brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all year groups working on the same theme (puzzle piece) at the same time, at a level appropriate to their age. There are six puzzle pieces; each year group is taught one lesson per week. All lessons are delivered in an age and stage appropriate way so that they meet children's needs.

**This half term, the puzzle piece across the whole school is:
Healthy Me.**

In infant classes, children will be exploring how to keep themselves healthy through diet, exercise and positive relationships etc. In Years 3-6, part of the children's learning will cover topics such as drugs (legal and illegal), smoking and alcohol. All content is appropriate for the children's age.

We strongly believe that these topics around health education will help children to make good decisions about their health and wellbeing and enable them to know how to seek support if any health issues arise for themselves or others.

If you have any general questions regarding Jigsaw or any questions more specific to this unit, please do not hesitate to contact me. I will be more than happy to help.

Kind Regards,

Paige Perrin.

Assistant Headteacher