



Wednesday 28<sup>th</sup> February 2024

Dear Parents and Carers,

As you will 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 some year groups, part of the children's learning in this unit will touch upon things such as drugs (legal and illegal), smoking and alcohol. All content is appropriate for the children's age.

Effective Drug and Alcohol Education can make a significant contribution to the development of the personal skills needed by pupils as they grow up. It also enables young people to make responsible and informed decisions about their health and well-being.

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

Kind Regards,

Paige Nicholas  
Assistant Headteacher