



Together, we learn and grow



Wednesday 22nd May

Dear Parent/Carer,

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

The lessons since September, 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 2 units are about Relationships (unit 1) and Changing Me (unit 2). The relationship puzzle includes, looking at different types of families and discussions about what makes a family and concluding with what is important is that we are loved and cared for, whatever our family composition. As well as discussing the importance of healthy relationships.

Jigsaw works hard to ensure its materials are accepting of all children and all families and teaches the children who they can talk to if they do not feel safe.

The Changing Me Puzzle includes, in every year group, 2 or 3 lessons to help children understand the changes in their bodies. There is a safeguarding aspect to this work and in year 1 and 2 the children will learn the correct terminology for the main body parts.

We hope you will agree 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.

If you wish to discuss the content of the lessons or have any questions, please ask me [via the school office](#).

Yours Sincerely

Ellen Williams

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