



Together, we learn and grow



Wednesday 19<sup>th</sup> April 2023

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 Puzzles (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 warmly invite you to attend a session at school in which we will give you a transparent and comprehensive picture of what we are planning to teach in which year groups.

Date: Monday 24<sup>th</sup> April 2023 Time: 9:00am - 9:30am

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.

We look forward to sharing the materials with you and answering any questions you may have.

Yours Sincerely

*C. Robinson*

Miss Robinson

Head Teacher: Mrs Ryan  
Billingwell Place, Springfield, Milton Keynes, MK6 3NP  
Telephone: 01908 665418

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