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'Aim high, prepare to achieve'

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Dear Parent / Carer,

This academic year we are introducing a new PSHE (Personal, Social and Health Education) and RSE (Relationship and Sex Education) programme called 'Jigsaw, the mindful approach.' As you may already be aware, the teaching of Relationship and Sex Education is now mandatory from September 2021 and the 'Jigsaw' programme ensures this is taught across the school at the age appropriate level.

These lessons are designed to build 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 programme is split into 6 units:

Term 1: Being Me in My World

Term 2: Celebrating Difference (including anti-bullying)

Term 3: Dreams and Goals

Term 4: Healthy Me

Term 5: Relationships

Term 6: Changing Me (including Sex Education)

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way and as a school we believe we can meet these need best through the Jigsaw programme.

As a school, we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs, and we will make every attempt to be appropriately sensitive; equally it is essential that young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals and we thank you for your support in advance.

Attached to this letter are parental guides, which further explains the Jigsaw programme. If you have any questions, please do not hesitate in talking to your child's class teacher.

Yours sincerely,

Mrs V. Charman

Mrs V. Charman
Deputy Headteacher

