

BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parent/Carer,

TERM 6 JIGSAW- CHANGING ME

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. We are sure you will have heard about the Jigsaw Friends and Calm Me time.

The Term 6 puzzle piece for this term is called Changing Me. For **Reception** the outline for this unit will be as follows:

Piece 1 My Body	<ul style="list-style-type: none">• name parts of their bodies
Piece 2 Respecting my body	<ul style="list-style-type: none">• identify some things I can do and foods I can eat to be healthy
Piece 3 Growing up	<ul style="list-style-type: none">• understand that we all grow from babies to adults
Piece 4 Fun and Fears part 1	<ul style="list-style-type: none">• express how I feel about moving to Year 1
Piece 5 Fun and Fears Part 2	<ul style="list-style-type: none">• talk about my worries and/or the things I am looking forward to about being in Year 1
Piece 6 Celebration	<ul style="list-style-type: none">• share my memories of the best bits of this year in Reception

We hope you will be in agreement 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.

Should you have any further questions please speak to your child's class teacher.

The Reception Team and PSHE Team