BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY
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Bourne

2nd June 2025

Dear Parent/Carer,

TERM 6 JIGSAW- CHANGING ME

At Bourne Elsea Park, we follow the Jigsaw Programme, a mindful approach to PSHE, to ensure that our students receive a holistic and well-rounded PSHE education.

This term, our class teachers will deliver high-quality PSHE sessions, using a range of engaging resources and activities from Jigsaw. To support the delivery of this programme we feel it is important to let you know about the areas that the upcoming unit will cover so you can support your child with further discussion of these issues should they come home with questions.

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	• name parts of their bodies e.g. ear, eye, knee, tongue, forehead, leg etc.
Piece 2 Respecting my body	• identify some things I can do and foods I can eat to be healthy
Piece 3 Growing up	• understand that we all grow from babies to adults.
Piece 4 Fun and Fears part 1	• express how I feel about moving to Year 1
Piece 5 Fun and Fears Part 2	• talk about my worries and/or the things I am looking forward to about being in Year 1
Piece 6 Celebration	• share my memories of the best bits of this year in Reception

We want to assure you that these sessions will be delivered in a sensitive and age-appropriate manner, taking into account the individual needs of our pupils. Should you have any further questions please speak to your child's class teacher.

The Reception Team and PSHE Team