BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY
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Dear Parents and Carers,

We wanted to inform you about the topics that will be covered in our Personal, Social, Health, and Economic Education (PSHE) sessions. At Bourne Elsea Park, we follow the Jigsaw Programme, a mindful approach to PSHE, to ensure that our pupils receive a holistic and well-rounded PSHE education.

We believe that PSHE plays a crucial role in helping our children develop the knowledge, skills, and attitudes they need to lead healthy, happy, and fulfilling lives. Through the Jigsaw Programme, we aim to equip our pupils with the tools they need to navigate various aspects of their personal and social development.

Throughout 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 inform you of 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.

In Reception this term the sessions will cover the following topics in the **Healthy Me** unit:

- Exercising bodies
- Physical activity
- Healthy food
- Sleep
- Keeping clean
- Safe adults

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. Our class teachers have had training in the delivery of PSHE and are committed to creating a supportive and inclusive learning environment for all children.

If you have any questions or concerns about the topics covered in our PSHE sessions, please do not hesitate to contact your child's class teacher. We are here to support you and your child every step of the way.

Thank you for your continued support in your child's education.

Yours sincerely

The PSHE Team