

Thrunscoe Primary and Nursery Academy,
Trinity Road, Cleethorpes, NE Lincs, DN35 8UL.
Tel: 01472 320781
Email: office@thrunscoe.academy
Website: www.thrunscoeacademy.co.uk
Headteacher: Mr S. P. Bate B Ed (Hons), NPQH
Chair of Governors: Mr R. H. Sperr



10th February 2023

Year 1 and Year 2 Pupils
Jigsaw Unit: Healthy Me and SmokeFree lessons

Dear Parent/Carer,

As you are aware, we follow the Jigsaw to provide pupils with a PSHE education that covers all statutory requirements. After our half term break, we will begin a unit called Healthy Me. This unit focuses on making healthy choices to maintain a healthy body and mind. In Key Stage 1, this will involve discussions regarding food, relaxation techniques, hygiene and medicines. In addition to this, pupils will take part in a lesson from the SmokeFree schools resource pack. This lesson will be carefully chosen by your child's class teacher to ensure that topics are discussed in an age appropriate manner.

Key Stage 1 pupils will receive one lesson linked to medication. Please be reassured that pupils in Years 1 and 2 will only be discussing everyday medicines such as children's medicines, inhalers and first aid equipment such as plasters and bandages. As part of their learning, they will be shown empty medication bottles/boxes that will only be handled by the teacher or HLTA leading the session. This lesson will reinforce the message that children should only take medicine when a trusted adult gives it to them.

If you have any concerns or questions, please speak to your child's class teacher in the first instance.

Kind Regards,

Ms Holness
Wellbeing Lead



2022-2025