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Chair of Governors: Mr R. H. Sperr



10<sup>th</sup> February 2023

**Year 3 and Year 4 Pupils**  
**Jigsaw Unit: Healthy Me**

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 Year 3 and Year 4, this will involve discussions regarding smoking, drugs and peer pressure. Please note, one of the lessons will be taken from the SmokeFree resource and will be chosen by your child's class teacher to ensure that the resources are age appropriate.

Within the unit, one lesson will focus on drugs. The lessons will discuss the differences between medicines and drugs and ask pupils for their views on drugs. Pupils will also be asked to consider how they would act in certain scenarios. We hope that these lessons will encourage pupils to consider their pre-existing views of drugs and enable staff the opportunity to deal with any misconceptions in a sensitive manner.

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

Kind Regards,

Ms Holness  
Wellbeing Lead



2022-2025