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10th February 2023

Year 5 and Year 6 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 5 and Year 6, this will involve discussions regarding smoking, alcohol, peer pressure and body image. 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.

The lessons on smoking and alcohol aim to dispel any myths that the children may believe, providing them with factual information about the effects of smoking and alcohol on the body. In these lessons, peer pressure will also be discussed, providing the pupils with ways to say no. There will also be a lesson which discusses food and body image. If the class teacher feels it is appropriate, they may discuss eating disorders with the pupils as part of our ongoing commitment to mental health awareness.

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