BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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27th February 2025

Dear Parents/Carers,

The Early Years Foundation Stage includes PSED (Personal, Social and Emotional Development) as part of the curriculum. As you know from our letter dated 27th January, Jolly Giraffes are beginning to use the programme Jigsaw to teach this which includes opportunities for the children to learn about and experience a range of opportunities to develop their PSED skills through adult-led and child-initiated (play-based) experiences. Each term includes a new theme which is underpinned by PSED knowledge and social and emotional skills.

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 students with the tools they need to navigate various aspects of their personal and social development prior to starting school.

This term in the Jolly Giraffes the sessions will cover the following topics in the **Healthy Me** unit:

- Everybody's Body – Naming parts of the body
- We Like to Move it, Move it! – Being active
- Food Glorious Food – Discussing healthy foods
- Sweet Dreams – How to help ourselves going to sleep and knowing that sleep is good for us
- Keeping Clean – Washing hands
- Safe Adults – Knowing who keeps us safe and who we can talk to about a problem

We will also be uploading a "home learning" activity on Tapestry that links to each weekly session from the **Healthy Me** unit. This is an optional activity you can complete with your child at home and upload to Tapestry for your child's key worker to see. There is no expectation to complete the home learning activities but if you wish to do so, we recommend choosing one or perhaps two activities from the six given and complete these with your child.

Whether your child attends one day a week or five days a week, they will not miss out on the Jigsaw Programme as they will complete a daily "Calm Me" and "Interest Me" session with an indoor and outdoor activity for them to take part in over the course of the week.

We want to assure you that these sessions will be delivered in a sensitive and age-appropriate manner, considering the individual needs of our children. Abbey Ark staff have had training in the delivery of the Jigsaw Programme and are committed to creating a supportive and inclusive learning environment for all children.

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

Yours sincerely

H Dalgleish

Miss H Dalgleish
Abbey Ark Manager