BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY
CEO/Executive Headteacher: Mrs S J Moore
Acting Head of School: Mrs A Petrie
Email: BAP.enquiries@abbeyacademies.co.uk

Abbey Road
Bourne

Tel: 01778 422163

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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 (PSHE) education sessions. At Bourne Abbey, we follow the Jigsaw Programme, a mindful approach to PSHE, to ensure that our students receive a holistic and well-rounded PSHE education.

Throughout the 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.

This term in Year 3 the sessions will cover the following topics in the **Being Me in My World** unit:

- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules, rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspectives

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 students. 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