



Wivelsfield Primary School
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Headteacher: Mrs H Smith BA Hons NPQH

Dear Parents and Carers

As you may be aware, we follow the Jigsaw programme of learning for our Life Skills/PSHE curriculum at Wivelsfield Primary. During Term 4 our new puzzle piece of learning is called 'Healthy Me'. In Year 5 we will be addressing the following issues: smoking, alcohol, emergency first aid, body image, relationships with food and healthy lifestyle. I've attached a picture of the objectives that we will be covering for your reference.

On Monday 22nd February, the first pre-recorded lesson that I send out will be on Smoking via Google Classroom.

When delivered in school, children have the support of their peers, teachers and other trusted adults in the school community who they can discuss anything that they are unsure of or concerns them. With the lessons being pre-recorded until the whole school community is back together, it would be good if you are able to be with your child during these lessons and talk things through with them after if they need to.

Some of the content might appear graphic, but it is a hugely important part of the curriculum and the children would have been learning about this at school to help them with their understanding about tobacco, alcohol and addictions. If your child is upset by any of the content, then you can stop the video and decide if you wish to continue.

But we are hoping that, as they would be in school, the lessons will be informative and meaningful in helping to prepare them for the wider world.

Thank you for your continued support, have a lovely half term break.

Kind regards

Kirsty Green

Mrs K Green
Badgers Class Teacher (Monday-Tuesday)

Pieces	PSHE learning intention	Social and emotional development learning intention
1. Smoking	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure
2. Alcohol	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
3. Emergency Aid	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies
4. Body Image	I understand how the media, social media and celebrity culture promotes certain body types	I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am
5. My Relationship with Food Puzzle Outcome : Healthy Body Image	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures	I respect and value my body
6. Healthy Me Assessment Opportunity ★	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy