



Wivelsfield Primary School
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Headteacher: Mrs H Smith BA Hons NPQH

Dear Parents/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 6 we will be addressing the following issues: healthy choices, drugs, exploitation, gangs, emotional and mental health, and managing stress and pressure.

I've attached a picture of the objectives that we will be covering for your reference.

The first pre-recorded lesson will be sent out on Thursday 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 of the world and healthy choices. 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.

Kind regards

Miss Glassock

Owls class teacher

Maths Lead /SLT

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Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Taking responsibility for my health and well-being	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health
Have eaten a healthy, balanced diet	2. Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
Have been physically active	3. Exploitation	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves
Have tried to keep themselves and others safe	4. Gangs	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised
Know how to be a good friend and enjoy healthy friendships	5. Emotional and Mental Health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
Know how to keep calm and deal with difficult situations	6. Managing Stress and Pressure Puzzle Outcome: Healthy Body, Healthy Mind Assessment Opportunity ★	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure