GREAT HEIGHTS ACADEMY TRUST

CARLINGHOW ACADEMY

Dear Parent/Carers,

Jigsaw lessons since September have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. We are sure you will have heard about the 'Jigsaw' friends and 'Calm Me' time.

During the first summer term the children look at 'Relationships' within their PHSCE lessons.
The following areas will be taught this term:

Year	What is covered in the 'Relationships' unit:	
Reception	Managing relationships	Forming relationships with other children. Understanding others feelings.
Year 1/2	Keeping safe – exploring physical contact	Understanding that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.
	Friends and conflict	Identifying some of the things that cause conflict with my friends.
Year 3/4	Love and Loss	Knowing how most people feel when they lose someone or something they love.
	Special Pets	Understanding that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet.
Year 5	Girlfriends and Boyfriends	Understanding how it feels to be attracted to someone and what having a boyfriend/ girlfriend might mean.
	Girlfriends and Boyfriends	Recognising the feeling of jealousy, where it comes from and how to manage it.
	Relationships and Technology	Understanding how to stay safe when using technology to communicate with my friends.
Year 6	Love and Loss	Knowing some of the feelings we can have when someone dies or leaves.
	Love and Loss	Understanding that there are different stages of grief and that there are different types of loss that cause people to grieve.
	Being Safe with Technology	Understanding how technology can be used to try to gain power or control and I can use strategies to prevent this from Happening.

We hope you will be in agreement with us that this work is vitally important for children and that it needs to be delivered age-appropriately. The Jigsaw Programme gives us a secure framework in which to do this.

Although we do not need consent for these sessions we understand that some of you may wish to speak to a teacher regarding this theme. Please be assured that when teaching PHSCE we follow the government guidelines and always teach subjects impartially and sensitively.

If you do wish to speak to your class teacher regarding the 'Relationships' topic please contact the office and make a telephone appointment.

Yours sincerely

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Head of School

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