

EXECUTIVE HEADTEACHER:

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*'For Learning That Lasts A Lifetime'*

19<sup>th</sup> February 2024

Dear Parent/Carers of Class 6,

I wanted to inform you of our PSHE unit for this term: Healthy Me. This unit is broken down into the following six lessons:

1	Taking responsibility for my health and well-being	An introductory lesson to discuss good choices and some ways to stay healthy.
2	Drugs (including unrestricted, restricted, prescribed and illegal)	To know about different types of drugs and their uses and effects on the body particularly the liver and heart.
3	Exploitation	To understand that some people can be exploited and made to do things that are against the law as well as ways to help someone who is being exploited.
4	Gangs	To know why some people join gangs, the risks this involves and ways to avoid being pressurised.
5	Emotional and mental health	To understand what it means to be emotionally well and explore people's attitudes towards mental health/illness.
6	Managing stress and pressure	To recognise stress and the triggers that cause this, how stress can cause alcohol and drug misuse and ways to manage stress and pressure.

I wanted to make you aware of the subject content in case your child comes home and wants to discuss further with you.

The Jigsaw PSHE programme allows for these lessons to be taught sensitively all the while giving a strong message to the children.

If you have any queries or concerns, please let me know via the school office.

Yours sincerely,

*L. Brett*

**Miss Brett**

**Class 6 Teacher**

