



Pinehurst Primary School

PSHE (Personal, Social, Health Education) Newsletter Autumn Term 2020

**A warm welcome back
to our Pinehurst Family
- we've missed you!**



This Term:

There will be a big focus on our Mental Health and Well-being. There have been many changes over the last few months and we want our children to feel safe and supported.

We will be using our Jigsaw Programme to help us settle back into a new way of life at school.

It is a 'Mindful Approach' to teaching PSHE and includes games to connect us and meditation to calm us. (Please see the Parents' Guide to Jigsaw for more information)

PSHE Autumn Term

During this Autumn Term we will be teaching the topics, (Puzzle Pieces) Being Me in My World and Celebrating Difference – including anti-bullying.

We will be aiming to support our chosen charities this year and to participate in the national Anti-Bullying Week 2020. This year's theme is 'United Against Bullying'.

<http://www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2020-united-against-bullying>

Other News

From September 2020 Relationships and Health Education are compulsory in all Primary Schools. Please refer to the Jigsaw Parent Guide for more information.

Keep safe and well!

Mrs Cann and Mrs Platt

PSHE Subject Leads

