



Tyndale Primary School, Tyndale Avenue, Yate, Bristol,
 BS37 5EX
 Telephone: 01454 867180
 Email: admin@tyndaleprimary.co.uk
www.tyndaleprimaryschool.com
 Headteacher: Ms K Parkhouse

Dear Parents / Carers,

At Tyndale Primary School we follow the Jigsaw approach to teaching PSHE. Through recent consultation with pupils and staff, we call these lessons 'Jigsaw - Learning for Life'.

Jigsaw, the mindful approach to PSHE (Personal, Social, Health Education) is a progressive and spiral scheme of learning which includes the statutory RSHE (Relationships Education, Sex Education and Health Education) and has a strong focus on emotional and mental health and wellbeing. We ensure learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.

This term we will be focusing on 'Healthy Me'. Please see the table below to show what your child/ren will be learning about this term.

Age Group	Healthy Me	Age Group	Healthy Me
Ages 3-5 (F1-F2)	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Ages 8-9	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength
Ages 5-6	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Ages 9-10	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour
Ages 6-7	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Ages 10-11	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress
Ages 7-8	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices		



Tyndale Primary School is proud to be a part of the Greenshaw Learning Trust, which is a charitable company limited by guarantee registered in England & Wales, company number 7633694, registered office Greenshaw Learning Trust, Grennell Road, Sutton, Surrey, SM1 3DY



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If you have any questions please make an appointment to come and see me.

Yours sincerely,

Ms Bisset, Class Teacher



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