Lympne Church of England Primary School

Let Your Light Shine

Friendship, Respect, Courage, Resilience

Tuesday 3rd November 2026

Year 1 PSHE/RSE Termly letter

Dear Parents and Carers,

As you will be aware from Term 1's letter, we will be continuing to use the Jigsaw scheme for PSHE/RSE education, and it has been updated in light of the new changes. Jigsaw has been designed as a whole-school approach. It provides a detailed and comprehensive scheme of learning for Personal, Social, Health and Emotional including Health and Well-being. It also includes Relationships, Sex and Health Education, fulfilling DfE statutory requirements. Our aim is following this scheme to help prepare our children at Lympne for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world.

In Term 2, we will be continuing your child's PSHE journey through our scheme "Jigsaw". Jigsaw is made up of 6 jigsaw puzzle pieces each one taught in a new term and introducing a new theme. The themes are the same year on year however the content increases and develops with age.

Term 2's jigsaw puzzle piece is 'Celebrating Difference'. We want to make you aware of some of the information that we will be learning about and exploring.

As part of the new documentation Jigsaw provides a detail knowledge and progression grid which shows the overview of the topic and vocabulary which will be shared as well as a parent guide should you wish to follow up any of the learning at home.

Ages 5-6

Puzzle overview: Celebrating Difference

In this Puzzle, children explore how people can be similar and different, reflecting on their own similarities and differences while learning to include others, use kind words and recognise what makes them special. They develop an understanding of what bullying is, how it can make people feel, and who they can talk to if they need help. Across the six Pieces, children practise making new friends, giving and receiving compliments, and showing courage by supporting others. They reflect on how differences should be respected and celebrated.

Knowledge	Social and emotional skills
• I can identify similarities between people in my class • I can identify differences between people in my class • I can tell you what bullying is • I know some people who I could talk to if I was feeling unhappy or being bullied • I know how to make new friends • I can tell you some ways I am different from my friends	• I can tell you some ways in which I am the same as my friends • I can tell you some ways I am different from my friends • I understand how being bullied might feel • I can be kind to children who are bullied • I know how it feels to make a new friend • I understand these differences make us all special and unique

Vocabulary

bully, bullied, bullying, bullying behaviour, celebration, courtesy, courage, deliberate, difference, different from, harmful, inclusive, included, lonely, manners, on purpose, safe, same as, similarity, similar, special, support, unique, unfair

Guide for families:

Ages 5-6	Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
	Similarities and differences • How are you the same as your friends? • How are you different from your friends? • Why do our differences make us special?	**Being inclusive and kind** • What does it mean to include others? • How can you use kind words to make someone feel happy? • How can you help someone feel welcome?	**Friendship and making new friends** • How do you make a new friend? • What does a good friend do? • How does it feel when you make a new friend?
	Understanding bullying • What is bullying? • How might someone feel if they are being bullied? • What should you do if you see or experience bullying?	**Courage and standing up for others** • What does it mean to be brave or show courage? • How can you help someone if they are being treated unkindly? • Who can you talk to if something worries you?	**Celebrating each other** • What makes you special? • Can you think of something kind about someone else? • How can we celebrate what makes everyone unique?
	Resources and additional support for Families		
	• Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children • BookTrust – high-quality book recommendations for themes of diversity, bullying, friendship and belonging • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme.		

In Term 3, the Jigsaw puzzle piece is 'Dreams and Goals' and you will receive a separate letter explaining what your child will be learning in this topic including key vocabulary nearer to that time.

Yours sincerely



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