Lympne Church of England Primary School

Let Your Light Shine

Friendship, Respect, Courage, Resilience

Tuesday 3rd November 2026

Year 3 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 7-8		
	Puzzle overview: Celebrating Difference	
	In this Puzzle, children explore different types of families and why they are important, learning how to manage disagreements calmly and solve problems together. They develop an understanding of what it means to be a witness to bullying and how their actions and words may help or harm others. Across the six Pieces, children practise using kind language, challenging stereotypes, and offering support to those who feel excluded. They learn how to give and receive compliments and reflect on how the words we choose affect feelings.	
	Knowledge	**Social and emotional skills**
	• I understand that everybody's family is different and important to them • I understand that differences and conflicts sometimes happen among family members • I know what it means to be a witness to bullying • I know that witnesses can make the situation better or worse by what they do • I recognise that some words are used in hurtful ways • I can tell you about a time when my words affected someone's feelings and what the consequences were	• I appreciate my family/the people who care for me • I know how to calm myself down and can use the 'Solve it together' technique • I know some ways of helping to make someone who is bullied feel better • I can problem-solve a bullying situation with others • I try hard not to use hurtful words (e.g., gay, fat) • I can give and receive compliments and know how this feels
	Vocabulary	
	banter, bullying, bystander, caring, compliment, conflict, connected, consequences, difference, discrimination, family, feelings, gay, hurtful, include, incident, isolate, kindness, lonely, love, loving, protection, resolve, rights, safe, security, self-regulation, similarity, solve it together, special, stability, stereotype, support, tell, unique, unkind, witness	

Guide for families:

Ages 7-8	Talking Together: suggested questions to support 'Celebrating Difference' learning at home		
	Families and relationships • What makes your family special to you? • How can families be different from each other? • Why is it important to respect all types of families?	**Conflict and problem solving** • What can you do if you disagree with someone at home or school? • How can you calm yourself down when you feel upset or angry? • What does "solve it together" mean?	**Bullying and being a witness** • What does it mean to be a witness (bystander) to bullying? • How can a witness make a situation better? • What could you do if you saw someone being bullied?
	Kind words and hurtful language • What are kind words you can use with others? • Why can some words be hurtful, even if people say them as a joke? • How do words affect how people feel?	**Inclusion and supporting others** • How can you help someone who feels left out or lonely? • What does it mean to include others? • How can our actions make someone feel valued?	**Compliments and positive relationships** • What is a compliment? • How does it feel to give or receive a compliment? • How can compliments help build friendships?
	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 children about friendship, bullying, kindness and inclusion • 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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