



MERIDIAN COMMUNITY  
PRIMARY SCHOOL  
AND NURSERY  
Learning for Life



2<sup>nd</sup> June 2026

### PSHE Lessons

Dear Parents and Carers,

Our theme for our PSHE (Personal, Social and Health Education) learning this half term is “Changing Me.” This theme includes lessons based on Relationships and Health Education, which became compulsory in all primary schools in England from September 2020.

To ensure the delivery of high-quality PSHE and RHE lessons at Meridian, we use Jigsaw teaching and learning materials to ensure children are supported in their knowledge and understanding of these important subjects.

There is also an expectation that schools teach Relationship and Sex Education (RSE), and we have decided as a school to follow the lessons provided by Jigsaw as part of their “Changing Me” theme to teach this important area too. Jigsaw is an award-winning programme that we use throughout the year across all year groups. Jigsaw also supports a mindful approach and developing strategies for mindfulness.

If you would like to find out more about the curriculum that is being covered for “Changing Me” there is information on our website ([PSHE | Meridian Community Primary School & Nursery](#)) about all the Jigsaw themes and studies, including what children will be learning about in this unit as part of Relationship and Sex Education.

If you have any questions, please do not hesitate to speak with your child’s class teacher.

Kind regards,

Mrs Middleton  
PSHE Leader

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