Dear Parents/Guardians

As some of you may already be aware this year we have launched a new PSHE scheme called Jigsaw. The children are engaging well and Jigsaw has already begun to have a positive impact on the children's learning.

What do schools have to teach in PSHE Education?
According to the latest guidance from the government, via the National Curriculum, every school needs to have a broad and balanced curriculum that

• promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
• prepares pupils at the school for the opportunities, responsibilities and experiences of later life

What is Jigsaw, and how does it work?
Jigsaw is a comprehensive and completely original PSHE Education programme for the whole primary school from Reception through to Year 6. It was launched in July 2013 and hundreds of schools across the UK are using it.

Jigsaw has two aims for all children:
• To build their capacity for learning
• To equip them for life

Jigsaw brings together PSHE Education, emotional literacy, mindfulness, social skills and spiritual development. A variety of teaching strategies are used and are mindful of each child's preferred learning style. Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time, Monday afternoons. This enables each Puzzle to start with an introductory assembly on a Monday, generating a whole school focus for staff and children alike. There is a Weekly Celebration that highlights a theme from that week's lesson across the school, and encourages children to reflect that learning in their behaviour and attitudes.

We have also introduced a new 'Jigsaward' which will be awarded on a Monday to those children who have demonstrated good understanding relating to the learning carried out that week.
The Puzzles and what children learn

**Being Me In My World** covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children’s rights and responsibilities, working and socialising with others, and pupil voice.

**Celebrating Difference** focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone’s right to ‘difference’, and most year groups explore the concept of ‘normal’; bullying – what it is and what it isn’t, including cyber bullying – this is an important aspect of this Puzzle.

**Dreams and Goals** aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for the world.

**Healthy Me** covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.

**Relationships** has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age and stage appropriate way so that they meet children’s needs.

**Changing Me** deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children’s needs. All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.

If you have any questions or would like more information please speak to Miss Slater, your child’s teacher or visit the Jigsaw website [www.jigsawpshe.com](http://www.jigsawpshe.com). We are looking forward to seeing the positive impact this new scheme will have on the children’s learning throughout the year.

Yours Sincerely

Mr Walmsley   Miss Slater
Headteacher   Jigsaw Co-ordinator