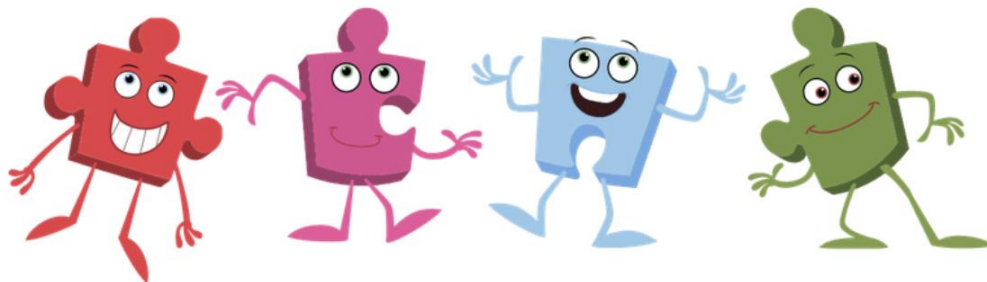


# Welcome to



**The following information and more can be found in the introductory document below.**

- [Jigsaw-Information-Leaflet-for-Parents-and-Carers-2020 \(1\).pdf](#) – INSERT LINK

## **What is PSHE Education?**

PSHE Education (Personal, Social, Health and Economic Education) is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

What do schools have to teach in PSHE Education?

According to the National Curriculum, every school needs to have a broad and balanced curriculum that:

- promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school;
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life;
- promotes British values.

From September 2020, primary schools in England also need to teach Relationships and Health Education as compulsory subjects and the Department for Education strongly recommends this should also include age-appropriate Sex Education. Schools also have statutory responsibilities to safeguard their pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010). The Jigsaw Programme supports all

## **What is Jigsaw, the mindful approach to PSHE, and how does it work?**

Jigsaw is a whole-school approach and embodies a positive philosophy and creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn.

Jigsaw is a comprehensive and completely original PSHE Education programme (lesson plans and teaching resources) for the whole primary school from ages 3-11 (12 in Scotland). Written by teachers and grounded in sound psychology, it also includes all the statutory requirements for Relationships and Health Education, and Sex Education is also included in the Changing Me Puzzle (unit).

### **Jigsaw has two main aims for all children:**

- To build their capacity for learning
- To equip them for life

Jigsaw brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own level. There are six Puzzles (half-term units of work) and each year group is taught one lesson per week. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

Each Puzzle starts with an introductory assembly, generating a whole school focus for adults and children alike. There is also a Weekly Celebration that highlights a theme from that week's lesson across the school encouraging children to live that learning in their behaviour and attitudes.

## **How does Jigsaw work at Houghton Regis Primary?**

In each school year of Jigsaw we solve 6 Puzzles

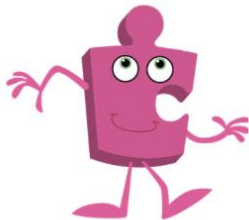


**Being Me in My World**  
**Celebrating Difference**  
**Dreams and Goals**  
**Healthy Me**  
**Relationships**  
**Changing Me**

We will explore one each half term.

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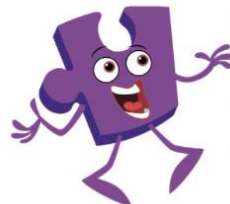
Your lessons will have different parts



- **The Jigsaw Charter** will help you feel safe and respected.
- **Connect Us** is when you will play some games.
- **Calm Me** time will help you relax and manage your feelings.



Your lessons will have different parts!



- **Open My Mind** will focus your thoughts on the lesson topic.
- **Tell Me or Show Me** is when you will be taught new skills and information.
- **Let Me Learn** is where you will have a chance to put these into practice.
- **Help Me Reflect** is when you will be able to think about how you feel about your learning and your progress.

## Houghton Regis Primary PSHE (including RSHE) Policy

- [Jigsaw-PSHE-policy-inc-RSE 2020.docx](#)

## Overview of Jigsaw Content by Year Group

- [UK-3-11-Snapshot-Overview-Map.pdf](#)

## See how Jigsaw meets the statutory requirements for Relationships and Health Education

- [UK-3-11-and-Statutory-Relationships-and-Health-Education-Map.pdf](#)

## See how Jigsaw fully incorporates the teaching of Fundamental British Values

- [UK-British-Values-in-Jigsaw-by-Puzzle-and-Year-Group.pdf](#)

**See how Jigsaw lessons create opportunities for developing SMSC**

- [UK-3-11-SMSC-and-Emotional-Literacy-Mapping-document.pdf](#)