

Jigsaw PSHE

At Studlands Rise First School we use a whole school PSHE scheme called Jigsaw. Jigsaw combines PSHE, emotional literacy, mindfulness, social skills and spiritual development.

Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike. There is a Weekly Celebration that highlights a theme from that week's lessons across the school, and encourages children to try to reflect that learning in their behaviour and attitudes.

Jigsaw aims to help children know and value who they really are and how they relate to other people in this ever-changing world.

There are six Puzzles (half-term units of work) each with six Pieces (lessons). Every year group studies the same Puzzle at the same time (sequentially ordered from September to July), allowing for whole school themes and the end of Puzzle product, for example, a display or exhibition (like the Garden of Dreams and Goals) to be shared and celebrated by the whole school. Each year group is taught one lesson per week and all lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

The different puzzle pieces are:

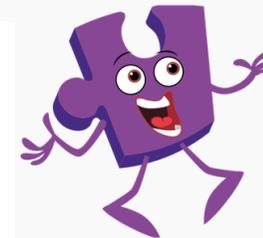


Your lessons will have different parts



- **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.

To find out more about Jigsaw please look at the following linked documents Jigsaw Parent/Carer information guide and our PSHE Policy.

Relationships & Sex Education

An important part of the Jigsaw PSHE programme is delivered through the 'Relationships' and 'Changing Me' puzzle pieces which are covered in the summer term.

There are four main aims of teaching RSE:

- To enable children to understand and respect their bodies
- To help children develop positive and healthy relationships appropriate to their age and development
- To support children to have positive self-esteem and body image
- To empower them to be safe and safeguarded.

Each year group will be taught appropriate to their age and developmental stage. At no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), this information will be shared with you by your child's class teacher. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

Below is a summary of RSE coverage within the Jigsaw scheme for each year group:

- Foundation Stage - Growing up: how we have changed since we were babies
- Year 1 - Boys' and girls' bodies; naming body parts
- Year 2 - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
- Year 3 - How babies grow and how boys' and girls' bodies change as they grow older
- Year 4 - Internal and external reproductive body parts, body changes in girls and menstruation

Further information about how the school approaches the teaching of Relationships and Sex Education through the Jigsaw programme can be found within the documents listed below:

Relationships & Sex Education (RSE) Policy

Parent/Carer guide to Relationships & Sex Education

Changing Me unit coverage