



JIGSAW - THE MINDFUL APPROACH TO PSHE



What is PSHE Education?

PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to 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?

The latest guidance from the government, via the National Curriculum states every school needs to have a broad and balanced curriculum that promotes the spiritual, moral, cultural, mental and physical development of pupils at school and of society. It prepares pupils at school for the opportunities, responsibilities and experiences of later life, and promotes British Values.

At Rushey Green, we follow a whole school PSHE scheme called Jigsaw. Jigsaw combines PSHE, emotional literacy, mindfulness, social skills and spiritual development.

Each year, children will solve 6 puzzles, one per half-term.

The Puzzles and what Children learn.	
Being Me In My World	Autumn 1
Celebrating Difference	Autumn 2
Dreams and Goals	Spring 1
Healthy Me	Spring 2
Relationships	Summer 1
Changing Me	Summer 2

This Term's (Autumn 2) Jigsaw PSHE is - **Celebrating Difference. Our weekly focus will be to:-**

1. Accept that everyone is different.
2. Include others when working and playing.
3. Know how to help if someone is being bullied.
4. Try to solve problems.
5. Try to use kind words.
6. Know how to give and receive compliments.

We also encourage children to follow the 'Jigsaw Charter'

We take turns to speak. We use kind and positive words.
 We listen to each other. We have the right to pass.
 We only use names when giving compliments or when being positive.
 We respect each other's privacy (confidentiality).