

School News Letter

Dear Parent/ Carers,

Welcome to the PSHE edition of our newsletters from school that aims to give you more information about how your child learns at school and more importantly how you can help your child at home. This newsletter is based around

PSHE. I hope it will give you more information and improve your knowledge of what your children learn and how they learn during PSHE lessons. If there are any questions, please do not hesitate to contact me or Mr Chambers for more information.



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. According to the latest guidance from the government, it is important to have a broad and balanced curriculum that promotes the spiritual, moral, cultural, mental and physical development of pupils, prepares pupils at the school for the opportunities, responsibilities and experiences of later life and promotes British Values.

What is Jigsaw and how does it work?

Jigsaw is a completely original PSHE Education programme for the whole primary school from Reception through to Year 6. It was launched in 2013 and hundreds of schools across the country 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. It is designed as a whole school ap-

What are the Puzzles?

Being Me in My World

This covers a wide range of topics, including a sense of belonging, welcoming others and being a part of a school community.

Celebrating Difference

This focuses on similarities and differences and teaches about diversity, such as disability, power and friendships.

Dreams and Goals

This aims to help children think about their hopes and dreams, their goals for success, their personal strengths and how to overcome challenges.

Healthy Me

This covers two main areas of health: Emotional health and Physical health.

Relationships

This has a wide focus, looking at diverse topics such as families, friendships, pets and animals, love and loss. This also links to keeping children safe and cyber safety.

Changing Me

This deals with change of many types, from growing from young to old, becoming a teenager, self-respect and safeguarding. Each year groups thinks about looking ahead such as moving year groups or high school.

What will Jigsaw teach my child?

There are 6 puzzles (half-term units of work) each with six Pieces (lessons). Every year group studies the same Puzzle at the same time. Each year group is taught 1 lesson per week and all lessons are delivered in an age- and stage-

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ap-



The jigsaw approach is underpinned by mindfulness. Mindfulness is being able to observe your own thoughts and feelings as they present moment by moment, applying no judgement.



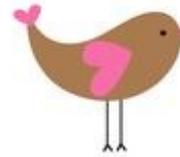
Educational Quote of the week

*Everyone is a star
and
deserves a chance to
shine*

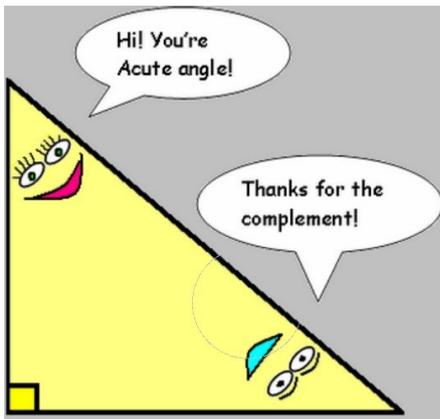
—Marilyn Monroe

Non-Educational Quote of the week

*I am
UNIQUE
I am
SPECIAL
I am
ME*



Educational joke of the week



School Fact

PSHE education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

Activity!

Tell me some of your hopes and dreams for the rest of the school year. Write them on the dream clouds and share them with your teachers.

