



Monday 8<sup>th</sup> September, 2025

Dear Parents and Carers,

At Kingstone we follow a PSHE (Personal, Social and Health Education) Programme called Jigsaw; we find this to be very successful. 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 has two main aims for all children:

1. To build their capacity for learning.
2. To equip them for life.

It 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 piece) at the same time at their own age-appropriate level. There are six puzzle pieces which are outlined in colours below. Each year group is taught one lesson per week with all lessons being delivered in an age- and stage-appropriate way so that they meet children's needs appropriately.

In each school year of Jigsaw we will solve 6 Puzzles:



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

As we begin a new academic year, I would like to remind you that here at Kingstone we teach the Relationship and Health Education part of RSHE which is statutory, and have chosen as a school **not** to teach sex education which is non-statutory. Therefore, we **do not** teach the conception sections on the overview (see attached overview document).

We will begin teaching the 'Being Me in My World' Puzzle from next week, where a special assembly will launch the first puzzle piece. We are very excited to continue our Jigsaw journey, and hope that you too can see the benefits of this brilliant programme of learning.

If you have any questions regarding Jigsaw, please don't hesitate to contact me and I will be more than happy to help.

Yours sincerely,  
Paige Perrin

Reception Class Teacher  
RSHE Lead

Kingstone, Hereford HR2 9HJ • Tel 01981 250338

Email: [ktpsadmin@kingstoneacademy.co.uk](mailto:ktpsadmin@kingstoneacademy.co.uk) • [www.kingstone-thruxton.hereford.sch.uk](http://www.kingstone-thruxton.hereford.sch.uk)

Head of School: Mrs Amy Preece