



Monday 9th September 2024.

Dear Parents and Carers,

At Kingstone, we follow a PSHE (Personal, Social and Health Education) Programme across our school called *Jigsaw, a mindful approach to PSHE*. We feel that this has been very successful in the few years. Jigsaw is a whole-school approach to teaching PSHE 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) at the same time at their own age-appropriate level. There are six puzzle pieces, 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.

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

We will explore on puzzle across school each half term.

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 and school preference. 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 this week, where a special assembly will launch this title to the whole school. We are very excited to continue our Jigsaw journey, and hope that you too can see the benefits of this brilliant scheme.

If you have any questions regarding *Jigsaw, a mindful approach to PSHE*, then please do not hesitate to contact me and I will be more than happy to help.

Yours sincerely,

Paige Nicholas
Assistant Headteacher