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Jigsaw™ Wales

The mindful approach to Health and Well-being

What is Jigsaw, the mindful approach to Health and Well-being (ages 3-11)?

A guide for parents and carers

www.jigsaweducationgroup.com

Curriculum for Wales

The Curriculum for Wales has a key role to play in helping children and young people navigate the world safely.

Parents have a central role to play in supporting their children. There is also a crucial role for schools - especially in a world where there is so much incorrect and misleading information and harmful materials, circulating online.

The Health and Well-being Area of Learning and Experience is a mandatory requirement within the Curriculum for Wales.

What do schools have to teach?

The Curriculum for Wales states:

" The Health and Well-being Area of Learning and Experience provides a holistic structure for understanding health and well-being. It is concerned with developing the capacity of learners to navigate life's opportunities and challenges."

What matters in this Area has been expressed in five statements;

Statements of What Matters

- *Developing physical health and wellbeing that has life-long benefits*
- *How we process and respond to our experiences affects our mental health and emotional well-being*
- *Our decision- making impacts on the quality of our lives and the lives of others.*
- *How we engage with social influences shapes who we are and affects our health and well-being*
- *Healthy relationships are fundamental to our wellbeing*

As taken from the Health and Well-being AoLE guidance. The Jigsaw Programme supports all of these requirements and has children's wellbeing at its heart.

Relationships and Sexuality Education (RSE) is a mandatory element of the Curriculum for Wales – so that every child has a right to access the full curriculum. RSE plays an important role for the safeguarding and protection of all learners in Wales.

The Jigsaw scheme of work supports schools in achieving the four purposes, namely for learners to become:

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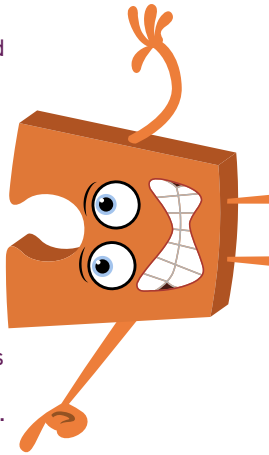
What is Jigsaw, the mindful approach to Health and Well-being, and how does it work?

Jigsaw is a comprehensive and completely original PSE programme (lesson plans and teaching resources) for the whole primary school from ages 3-11, providing schools with the support to deliver the Health and Wellbeing Area of Learning and Experience of the Curriculum.

The Jigsaw Programme also covers the Relationships and Sexuality Education Code, ensuring it meets the requirements set out in Phases 1 and 2. Relationships and Sexuality Education is now mandatory for all learners in Wales, with topics being taught through Jigsaw in a sensitive and age-appropriate manner.



Jigsaw has two main aims for all children:

- To build their capacity for learning
- To equip them for life

Jigsaw brings together PSE, Relationships and Sexuality Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed to support a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own stage of learning.

There are six Puzzles (half-term units of work) 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.

What else is included?

There are numerous additional aspects of the Jigsaw Programme to enhance the learning experience, including the Jigsaw Friends (jigsaw-shaped soft toys used as teaching aids), Jigsaw Chimes and Jigsaw Jerrie Cats (used to help and encourage calming and mindfulness practice).

Every Jigsaw lesson includes mindfulness practice. Mindfulness is being able to observe your own thoughts and feelings as they happen, in the present moment, applying no judgement. Jigsaw teaches children to understand their thoughts and feelings through the Calm Me time exercises (using the Jigsaw Chime) and Pause Points (using Jigsaw Jerrie Cat). This helps to develop their awareness, and their capacity to be mindful human beings. Learning is thus enhanced as emotions and behaviour are self-regulated.

Each Puzzle starts with an introductory assembly, generating a whole school focus for adults and children alike. There is also a Weekly Celebration that highlights a theme from that week's lesson across the school, encouraging children to live that learning, in their behaviour and attitudes.

> It's great for children to have this experience, to think ambitiously, and to have aspirations.

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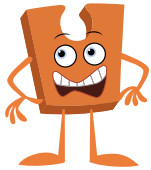
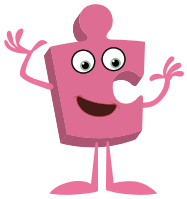
What will Jigsaw teach my child?

The overview below summarises the content in each of Jigsaw's units of work (Puzzles):

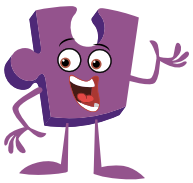
Being Me In My World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.



Celebrating Difference focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'. Anti-bullying, including cyber and homophobic bullying, is an important aspect of this Puzzle.

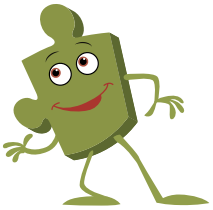


Dreams and Goals aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.

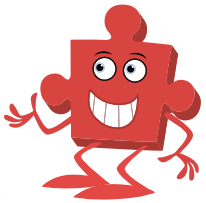


Healthy Me covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, personal hygiene, substance use and misuse, being safe, first aid).

Relationships starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.



Changing Me deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction will be taught in a sensitive manner.



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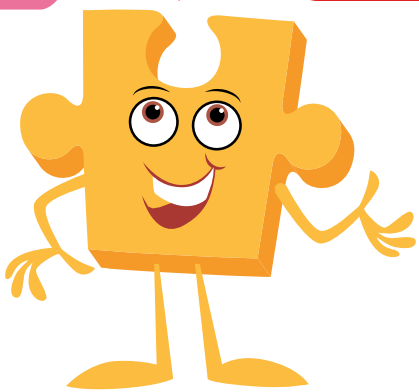
How can I find out more information about Jigsaw?

The best thing to do is to talk to your child's teacher about how Jigsaw is taught in school. Alternatively, you can talk to the school's head teacher, or the teacher who is responsible for leading PSE or Health and Well-being across the school. Parents and carers are also very welcome to visit the Jigsaw website.

Jigsaw supports our ethos and values and everything we are trying to teach the children.

Since the school started Jigsaw, children are more supportive of each other. They look out for each other and are more caring.