The Jigsaw Approach

At St John's, we follow the Jigsaw approach to the teaching and learning of PSHE (personal, social and health education) and RSE (Relationship and Sex Education) and developing mental well-being. Jigsaw embraces emotional literacy, social skills and spiritual development.

Pupils work on themes (or puzzles) that progress in sequence. Each session has two learning objectives. One is based on the specific PHSE framework for learning and the statutory Relationships and Health Education guidance; and one is based on emotional literacy and social skills development to enhance children's emotional and mental health.

Ground Rules
In establishing a safe, open environment, based on trust, ground rules are established. These are:

- 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)

Assemblies
As all year groups work on the same topic at the same time, a whole school Collective Worship is able to initiate each topic.

Topics
Across the school, the topics studied are:

Term 1: Being Me in My World

Term 2: Celebrating Difference (including anti-bullying)

Term 3: Dreams and Goals

Term 4: Healthy Me

Term 5: Relationships

Term 6: Changing Me (including Sex Education)
The aims of each session are to:

- Improve their social skills to better enable collaborative learning **(Connect us)**
- Relax their bodies and calm their minds to prepare them for learning **(Calm me)**
- Help the brain to focus on specific learning intentions **(Open my mind)**
- Initiate new learning **(Tell me or show me)**
- Facilitate learning activities to reinforce the new learning **(Let me learn)**
- Support them in reflecting on their learning and personal development **(Help me reflect)**

Each unit ends with an outcome to be achieved by all pupils and each child has a jigsaw journal, which reflects the work they have undertaken and an opportunity for self reflection. Pupils are then awarded certificated for specific pupil achievement.
Inclusivity is a key part of the jigsaw approach. Teachers will meet the needs of each child in their class to support their learning. Lessons provide creative opportunities that allow the children to choose the media with which they want to work and give them the score to develop.

Mindfulness
Children are made aware of mindfulness and techniques to develop mindfulness are taught. This is develop pupils:

- To be aware of their thoughts and feelings
- To focus the mind on what you choose to focus it on both inside and you and within you
- Supporting making considered choices rather than acting on emotions

Mindfulness is developed by:

- Calming activities – developing breathing techniques, awareness exercises and visualisation
- Exploring thoughts and feelings, expanding emotional vocabulary and building pupil confidence to express themselves in a safe environment
- Stopping and ‘looking inside’ to practise observing their thoughts and feelings.