



# Locks Heath Junior School

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Dear Parents/Guardians

We are really looking forward to launching our Jigsaw Programme, with the first of our Jigsaw Days on Monday 15<sup>th</sup> October. Jigsaw is a comprehensive PSHE programme (Personal, Social and Health Education). Jigsaw is designed as a whole school approach, with all Year Groups working on the same theme (Puzzle) at the same time, in an age appropriate way. The children will work on the first theme for the entire day with their Class Teacher.

The first theme we will cover is called 'Being Me in My World' and includes: developing 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 with others and pupil voice. The specifics of what each Year Group focusses on varies and so that you can prepare for any questions or discussions that may arise as a result of the day, I have attached the relevant overview for you to browse. In response to feedback from our recent parent forum, we will send the relevant overview home a few days before each Jigsaw Day.

The Jigsaw approach is underpinned by mindfulness. 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 and through both taught lessons and 'Calm Me Time' exercises.

If you want to find out any more about the Jigsaw programme or have any questions, please contact your child's teacher or Year Leader. Alternatively have a look at <https://www.jigsawpshe.com/> which is very comprehensive.

Finally, we would be really interested to find out what your child thought about the day so if anything comes up in conversation, please drop us an email to let us know.

Yours sincerely

Mrs N Farrell  
Headteacher