



A parent and carers guide to Jigsaw Time (PSHE and Relationship Education)

Hassocks Infant School

★ Explore ★ Respect ★ Flourish

Why teach Relationship, Sex and Health Education?

From September 2020 The Department for Education (DfE) is making Relationship and Health Education compulsory for all primary schools in England and Relationships, Sex and Health Education compulsory in all secondary schools in England. The changes aim to ensure our children are equipped with the skills and understanding to make informed decisions about their wellbeing, health and relationships to support them to create a happy and successful adult life.

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”.

DfE, 2019

At Hassocks Infant School, Relationships and Health Education is taught within our whole-school PSHE Programme which is known as Jigsaw Time.

What is Jigsaw Time at Hassocks Infant School?

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children’s learning in this vital curriculum area. It brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development into a comprehensive scheme of learning. This time provides our pupils with the knowledge, skills and attributes they need to keep themselves healthy and safe.

Why does Hassocks Infant School believe Jigsaw Time is important?

The staff at Hassocks Infant School believe Jigsaw Time is important because it...

- *supports children to make informed choices*
- *enables children to know how to keep themselves safe and healthy*
- *helps our children develop happy and healthy relationships*
- *develops children’s self-esteem and self-identity*
- *helps children recognise we live in a diverse world and to embrace this*
- *helps our children develop a happy and healthy mind*
- *supports children to identify when they need to seek help and how to do this*
- *supports children to understand ways to reduce anxiety*

Why are Mindfulness techniques used within Jigsaw Time?

At part of our Jigsaw Time approach, the children will actively engage in Mindfulness activities. At Hassocks Infant School we believe by providing our children with Mindfulness opportunities we are supporting our children’s concentration, lessening their stress and anxiety and allowing children to regulate their emotions.

Where does West Sussex Education’s Safety Curriculum fit in?

West Sussex have developed a Safety Curriculum to support this area of learning. At Hassocks Infant School we recognise we need to respond to various personal, emotional and health needs of our children as they occur. Therefore, in addition to the above “puzzle” areas, teachers will use their ongoing assessments to provide additional sessions supported by the West

Sussex “Education4Safety” curriculum, to respond to social and emotional needs arising for individuals and groups of children.

What is covered during Jigsaw time?

| Jigsaw Content Overview (Reception to Year 2) | | | |
|--|---|---|---|
| Jigsaw areas | Reception | Year 1 | Year 2 |
| Being Me in My World | Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities | Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter | Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings |
| Celebrating Differences | Identifying talents Being special Families Where we live Making friends Standing up for yourself | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends |
| Dreams and Goals | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success |
| Healthy Me | Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety | Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food |
| Relationships | Family life Friendships Breaking friendships Falling out | Belonging to a family Making friends/being a good friend Physical contact preferences People who help us | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation |

| | | | |
|--------------------|--|---|---|
| | Dealing with bullying Being a good friend | Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships | Expressing appreciation for special relationships |
| Changing me | Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations | Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition |

Vocabulary used in Jigsaw Time

| Year Group | Key Vocabulary and Phrases used during Jigsaw Time |
|------------------|---|
| Reception | <p>Belong, feelings, similar, different, special, kind, unkind, friend, stand up for self, working with others, gentle, rights, responsible, challenge, achieve, goal (target), encourage, exercise, healthy, body, moving, resting, sleep hygiene, job, lonely, problems, calm, feelings, grow, worries, memories, stranger.</p> <p>Body parts: general body parts e.g. hands, feet, legs, arms etc.</p> |
| Year 1 | <p>Special, safe, responsibilities, belong, rights, safe, proud, contribute, feelings, consequences, choices, similarities, differences, bullying, talk, unhappy, bullied, friends, celebrating, goals, success, achieve, achieving together, tackle, challenges, obstacles, overcome, healthy choices, healthy, unhealthy, lifestyle, germs, disease, illness, medicine, poorly, medicine, road, crossing, safety, family, belong, important, different types, friend, physical contact, acceptable, unacceptable, community, qualities, praise, express, appreciate, life cycle, changes, grow, private, life.</p> <p>Body parts: As above and the following private body parts - penis, testicles, vagina, anus.</p> |
| Year 2 | <p>Worried, hopes, fears, rights, responsivities, safe, fair, listen, contribute, rewards, consequences, cooperatively, choices, stereotypes, gender, assumptions, bullying, bullied, wring, judge, being different, unique, special, realistic goal, achieve, persevering, difficult, working together, problems, healthy, motivated, healthy lifestyle, relaxed, stressed, weak, strong, medicine, safely, healthy relationships, snacks, body, energy, nutritious, identify, value, family, cooperate, share, physical contact, acceptable, unacceptable, conflict, resolve, secret, trust, appreciate, community, cycles of life, changes, natural, growing, changes, continuum of young to old, independent, physical differences (boys and girls), types of touch, saying no.</p> <p>Body parts: As above and the following private body parts - penis, anus, testicles, vagina, vulva.</p> |

Other areas supported within Jigsaw Time

Jigsaw offers a full Personal, Social, Health, Relationship Education curriculum, while supporting and promoting a range of other areas within school life, such as:

- Further promoting Safeguarding:
 - o Jigsaw Time supports development of resilience, positive self-esteem and confidence in children, so that they can recognise when they feel uncomfortable in a situation and know who to trust and how to speak up for help.
 - o They respect themselves and their bodies and know what healthy relationships feel like.
 - o Jigsaw empower children to speak up and get help if needed and to know how to keep themselves safe.
- Further supports our duty within the Prevent Duty:
 - o Jigsaw Time enables children to explore similarities and differences. The children learn about the importance of celebrating differences.
- Promotes British Values.
- Therapeutic support for children by providing a universal whole-school curriculum that builds social skills.
- Grows emotional literacy.
- Enables positive mental health.
- Supports SMSC (Spiritual, Moral, Social, Cultural) development.