



Jigsaw is our new way of teaching Personal, Social and Health Education.

What does it cover?

<ul style="list-style-type: none"> • Relationships and sex education • Body image and relationships with food • Influences including technology and social networking • Bullying - including cyber bullying and homophobic bullying • Personal safety and safeguarding • Diversity • Global citizenship • Financial awareness and enterprise 	<ul style="list-style-type: none"> • Spiritual, Moral, Social, Cultural Development • Emotional Literacy • Social skills • Comprehensive Assessment • Mindfulness
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What will Jigsaw teach my child each term?

There are six Puzzles (half-term units of work) each with six Pieces (lessons). Every year group studies the same Puzzle at the same time (sequentially ordered from September to July), allowing for whole school themes and the end of Puzzle product, for example, a display or exhibition (like the Garden of Dreams and Goals) to be shared and celebrated by the whole school. Each year group is taught one lesson per week and all lessons are delivered in an age- and stage-appropriate way so that they meet children’s needs.

The Puzzles and what children learn:

Term	Topic	Linked School Value	Key areas
1	Being me in my world	Responsibility	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
2	Celebrating Difference	Respect	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 ‘normal’; bullying – what it is and what it isn’t, including cyber and homophobic bullying – is an important aspect of this Puzzle.
3	Dreams and Goals	Resilience	aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via 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 the world.
4	Healthy Me	Positivity	covers two main areas of health: Emotional 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, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.
5	Relationships	Kindness	has a wide focus, looking at diverse topics such as 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 cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children’s needs.

6	Changing Me	Courage	deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.
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Sex and Relationships Education at Bromley Heath Junior School

What will my child actually be taught in Sex Education?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Foundation Growing up: how we have changed since we were babies

Year 1 Boys' and girls' bodies; body parts

Year 2 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Year 3 How babies grow and how boys' and girls' bodies change as they grow older

Year 4 Internal and external reproductive body parts, body changes in girls and menstruation

Year 5 Puberty for boys and girls, and conception

Year 6 Puberty for boys and girls and understanding conception to birth of a baby

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

How can I find out more information about Jigsaw and how it is taught in BHJS?

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 Mrs Serle or Mrs Gliddon. If there are some very specific questions that the head teacher or class teacher thinks would be answered best by the Jigsaw team, the school can contact the team directly. Parents and carers are very welcome to visit the Jigsaw website www.jigsawpshe.com.

If you would like to view the resources we will be using, including the resources used to teach Relationships and Sex Education, please make an appointment to come in and have a look.