



Personal Development News

The mindful approach to PSHE

11-12-2023

Welcome to the Autumn Term edition of PDN!

We are delighted to have won the Jigsaw Jenie Award for Early Years Personal Development.

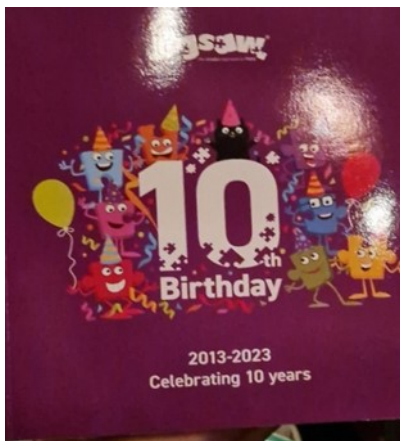


It was a wonderful experience for of our KS2 Jigsaw Ambassadors and teachers to be part of the Jigsaw's 10th Birthday celebration at the Lyceum Theatre, London.

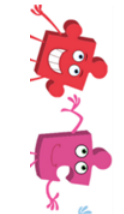
Jigsaw is clearly sequenced and progressively builds upon our children's knowledge through each topic. Through the weekly lessons I am able to also reinforce our RRSA articles such as 'having a right to be safe', etc and embed British Values. The lessons have really helped us to develop our classroom 'zones of self-regulation' which support the children to think about how they are feeling and how to regulate their feelings. Children can recognise, express and talk about different emotions and how different emotions make them feel. In our 'zones of self-regulation' children use the resources and strategies to regulate their feelings including using some of the breathing techniques used in our weekly lessons from the calm me time.

We often use our Jigsaw Jenie outside of our weekly PSHE lessons to play a role in the social stories we use to support our children to understand the views, perspectives, feelings of others and to develop their understanding of what is right wrong and why. The Jigsaw songs that we sing at the beginning of every lesson reinforce the learning and the repetition of key vocab supports our children to remember more. I feel our EYFS children thoroughly enjoy our weekly PSHE lessons and this is evident through their enthusiasm and eagerness to share their views, comments and feelings. I myself enjoy teaching the lessons and love the discussions that the lessons evoke.

Ms M Stephens – Reception Teacher & EYFS Phase Leader



We are very proud to have been included in the Jigsaw Birthday book that was recently published and to be given the opportunity to showcase our Jigsaw work.



Jigsaw! Jigsaw! Jigsaw!



We are happy to have started the **Jigsaw Families programme** that supports the PSHE work we do in school and gives opportunities to parents to work jointly with their child and other parents.
*If you are interested in partici-



The Jigsaw Families programme is another strong feature of the school's provision where parents and children in need of additional support work together. Parents described how their relationships with children have benefitted from the strategies they have learned as part of this work. Families can also be referred to as a parenting programme.



RMS	Heisti
RSN	Gabriel
1AA	Dollie-Rae
1KP	Yonis
2IN	Marya
2GS	Aluna
3KB	Denisa B
3JJ	Mariam
4BO	Lavinia
4PM	Inayah
5IJ	Fayha
5DG	Anastasia
6AC	Evie-Grace
6SR	Albert



The week beginning the 13th of November was **Anti-bullying week**. Children across the school talked about what bullying is, types of bullying, ways to tackle it and who to ask for help.



Jigsaw! Jigsaw! Jigsaw!