

**A child's mental health
is just as important as
their physical health
and deserves the same
quality of support.**

Kate Middleton

BrainyQuote

The Jigsaw lessons focus keenly on mental health and emotional well-being, with every lesson having been mapped to social and emotional skills, and each lesson featuring mindfulness practice (where pupils experience and learn about mental well-being). Pupils learn about what has a positive impact on their learning, and how each person's experience is different.

The Puzzle 'Healthy Me' is the main vehicle for children to learn about mental and physical health. From the beginning to the end of the programme, pupils learn about taking responsibility for health, substances and their effects, nutrition, medicine, sleep, brain development, and mental illness and health. The whole programme aims to nurture self-esteem so that children feel 'worthy' of taking care of themselves. The 'Healthy Me' Puzzle covers physical and mental/emotional health in equal measure – and shows the synergetic relationship between the two areas of health and well-being. Children can therefore learn that 'health' is a very broad topic and it underpins so many of our life choices.

Perhaps most crucially in the quest for enabling children to make healthier choices is the concept woven through Jigsaw, that a positive relationship with self is the starting point for positive relationships with others. Jigsaw is underpinned by mindfulness. From the very start and throughout the Jigsaw Programme, children are encouraged and helped to develop the capacity for observing their own thoughts and feelings within a context of 'calming' and reflectiveness. Mindfulness supports children in regulating their emotions and building emotional resilience and in choosing and managing their responses rather than being caught up in negative and unconsidered thought-flows. Children and adults equipped with this capacity are consequently far less vulnerable to less healthy choices and behaviour. Indeed, mindfulness is a vital tool for life, as it wholeheartedly supports the regulation of emotion and builds resilience.

Wider Curriculum Offer

Residentials/Educational Visits

**Gooseberry Planet and Bare
Foot Computing**

People online, passwords, fake profiles, selfies, video chat, sharing information, online bullying, online gaming, digital footprint, we cams, boundaries, illegal downloads, extremism.

Assemblies

BBC, Picture News, religious assemblies, Jigsaw, Golden Values

**Mental Health Awareness
weeks/days**

February and May

Anti Bullying week

School Provision Offer

Mental Health Leader

Learning Mentors

**School values, Golden rules and
whole school culture**

Kindness Hearts

**Transition between phases and
settings**

Circle Time

Additional Provision

Alternative Provision

Dreadnought
BF Adventure
Music Therapy
Art Therapy

Multi-Agency Working

Police visit—staying safe online
Barnardos Healthy Relationships
NSPCC PANTs