

How does Jigsaw PSHE 3-11 support/enhance/ the work of Nurture UK in schools?

Nurture UK is a charity which is dedicated to improving life chances of children and young people by promoting nurture across the whole education system and beyond . They work with schools across the UK to promote and campaign for the *Theory and Practice of Nurture* to be understood and be embraced in UK schools as part of a whole school approach.

Nurture UK's Six Principles of Nurture align closely with the philosophy and approach of Jigsaw PSHE 3-11 (see figure 2), focussing on supporting children's emotional needs and development as key to enabling young people to be able to thrive in their learning and development.

So what is Nurture?

Nurture UK describes this as:

The concept of nurture highlights the importance of social environments – who you're with, and not who you're born to – and its significant influence on social emotional skills, wellbeing and behaviour. Children and young people who have a good start in life are shown to have significant advantages over those who have experienced missing or distorted early attachments. They tend to do better at school, attend regularly, form more meaningful friendships and are significantly less likely to offend or experience physical or mental health problems.

The nurturing approach offers a range of opportunities for children and young people to engage with missing early nurturing experiences, giving them the social and emotional skills to do well at school and with peers, develop their resilience and their capacity to deal more confidently with the trials and tribulations of life, for life.

In Jigsaw 3-11 we take a universal approach to developing and supporting children's emotional health and wellbeing as a key part of every lesson for all children, giving teachers the tools to support pupils in this learning through the lesson planning, vocabulary, guided activities, age appropriate discussions, reflection opportunities and mindfulness. Jigsaw PSHE 3-11 is a spiral and progressive teaching and learning programme with support for teachers and school leaders built into the planning and training materials to give all teaching staff the knowledge, skills and understanding they may need to support pupils.

The whole school approach that is a key part of Jigsaw PSHE helps to develop the nurturing social environment that young people need beyond the classroom as it is threaded throughout all aspects of the school. The new Jigsaw Outdoors Programme also give schools the opportunity to develop their social and emotional health and wellbeing further through additional lessons in their outdoor environment.

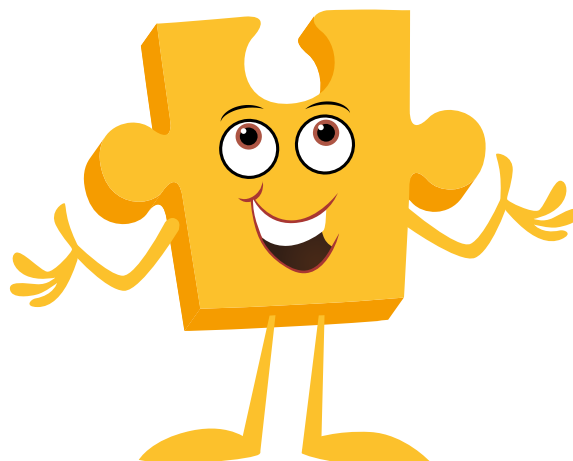
The Jigsaw Families Programme extends this, to help parents/carers and children to develop and consider these nurturing concepts in their home environment. This builds and supports the approach in school, impacting the social environment for all the young people within the family, not just those attending school.





The table below highlights some of the key similarities between the Jigsaw Approach, and that of Nurture UK:

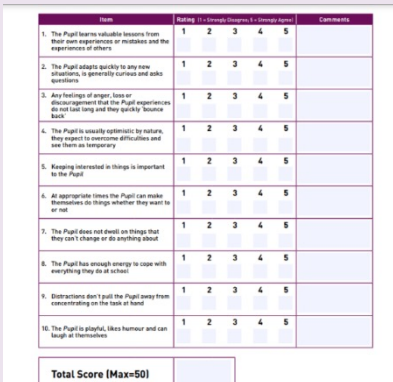
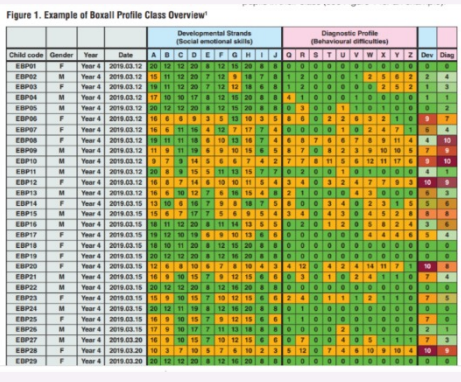
| Identifying the similarities and differences between Jigsaw PSHE and Nurture UK. | |
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| Jigsaw PSHE philosophy | Nurture UK philosophy |
| Jigsaw supports teachers to champion children and young people . Jigsaw gives children and young people the tools to have the best possible life. | Nurtureuk, an organisation dedicated to improving the social, emotional, mental health and wellbeing of children and young people . |
| A whole-school approach programme with weekly lesson plans built on an understanding of educational research, best practice and classroom experience. | A whole-school approach to nurture. Working with researchers and academics to evidence the impact of a nurturing approach to education. |
| Jigsaw provides all teaching resources , helping teachers confidently teach a well-being curriculum. | Training practitioners to identify pupils' needs and confidently provide the right support with Nurturing Wellbeing . |
| Jigsaw PSHE perfectly connects the pieces of Personal, Social, Health and Well-Being Education. Helping to alleviate the pressures from teachers, children and young people. | Nurture groups address the social, emotional and learning needs of individual pupils by providing the necessary help to remove the barriers to learning and in life. |
| The programme teaches children and young people emotional literacy, social- and lifelong skills , RSE/RSHE and resilience in an age-appropriate manner. | Nurture groups are a targeted intervention for children and young people with social emotional behavioural/mental health difficulties. |
| The programme equips them for happier and healthier lives, giving them agency to make their way through the world . | Nurture programme is dedicated to improving the social, emotional, mental health and wellbeing of children and young people in life and the world . |



Identifying specific needs in groups and individuals

Nurture UK encourages all the schools they work with to use the Boxall Profile to identify and support children with mild to moderate SEMH needs, suggesting approaches and interventions to support the mental health and wellbeing of these children in educational settings. This is done using an tool called the 'Boxall Profile' which is a set of 36 questions used by a teacher to assess the 'emotional literacy' of individuals and from this the programme suggests tailored support plans for these pupils.

Jigsaw PSHE 3-11 includes a Resilience Toolkit that can be used with whole classes, small groups or individuals to help teachers identify where children may have additional SEMH needs and a mapping tool identifying where activities can be used, extended or adapted to support these pupils. Schools looking for additional interventions can choose to extend these resources with REST (Resilience and Engagement Toolkit) which has further interventions that can be used by teachers or support staff.

| Jigsaw Resilience Toolkit | Boxhall Profile toolkit |
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| <p>The Jigsaw Resilience and Engagement Scale and Toolkit offers an effective screening and measurement tool to determine children's levels of resilience and emotional well-being. Includes a detailed mapping document showing where the resilience descriptors are served in Jigsaw 3-11 (also as part of Jigsaw 11-16) PSHE.</p> | <p>Identifies the levels of skills the children and young people possess to access learning, online tool assesses the social, emotional and mental development of pupils aged 4-18. Interventions then give practical strategies and techniques for the classroom or nurture group to help children achieve their full potential.</p> |
| <p>Jigsaw REST suggests interventions to develop each of the 10 resilience-building descriptors. Offers a screening and measurement tool.</p> | <p>Boxhall provides you with a precise picture of a pupil's strengths, as well as any difficulties which could affect their learning.</p> |
| <p>The scale provides a means of gauging children's resilience, and Jigsaw resources can then provide appropriate learning activities to support the development of each of the 10 descriptors.</p> | <p>Developmental strands measure different aspects of the children and young people's cognitive, social and emotional development that influence how well a child is able to learn and function in the classroom.</p> |
| <p>Jigsaw Resilience and Engagement Scale offers a straightforward, time-effective way to determine each child's given starting point, and thereby indicate what they may need in order to build all 10 aspects of resilience, improving their internal learning environment and empowering them to sustain this.</p> | <p>Diagnostic profile measures children and young people's challenging behaviours that prevent successful social and academic performance. Assessments are designed to help professionals understand and work more effectively with children and young people, in a way that's sensitive to the needs of the child or young person being assessed.</p> |
| <p>An example of the REST screening scale</p>  | <p>An example of the Boxhall profile scale</p>  |



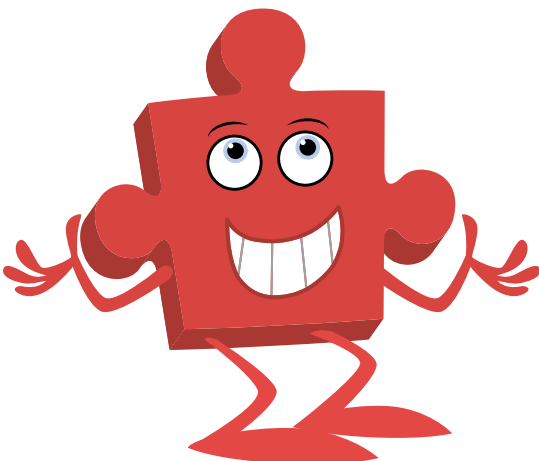
The table below show more detail about how Jigsaw PSHE 3-11 aligns with Nurture UK's Six Principles.

| Nurture Schools Award The Six Principles of Nurture | | Jigsaw PSHE 3-11 (including Jigsaw Outdoors and Jigsaw Families) |
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| 1 | Children's learning is understood developmentally | <ul style="list-style-type: none"> • Jigsaw PSHE is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus. • Jigsaw PSHE materials are age and stage-appropriate with learning intentions set to support different ages. Each Piece (lesson) has two learning intentions, one is specific PSHE/HWB learning and the other is based on emotional literacy and social skills development. • There are six Puzzles in Jigsaw for each year group, designed to progress in sequence from the beginning of each academic year. • An inclusive and simplified approach for The Early Years Foundation Stage (3-4 and 4-5) with mix-and-match sessions to best suit the needs of the children and their development. • Each Jigsaw Piece is structured in the same way each time, which reflects the learning process: <ul style="list-style-type: none"> - Connect Us - Improve social skills to better enable collaborative learning - Calm Me – Relaxing their bodies and calming their minds to prepare for learning - Open My Mind - Help the brain to focus on specific learning intentions - Tell Me or Show Me - Initiate new learning - Let Me Learn - Facilitate learning activities to reinforce the new learning - Help Me Reflect - Support them in reflecting on their learning and personal development |
| | | <ul style="list-style-type: none"> • Jigsaw Outdoors and Jigsaw Families follow the same session structure as Jigsaw PSHE. • Songs for puzzle pieces and Jigsaw Outdoors are included for use in both lessons and assemblies which support physical development, communication, emotional regulation and self-confidence. • The rationale of Jigsaw is based on a mindfulness philosophy and practice, understanding how the brain works and how learning happens. The Jigsaw lessons have been structured to maximise these processes. • Jigsaw Outdoors is about meeting needs to ensure all learners have equitable opportunities. The benefits of outdoor learning are numerous and span many different areas of life. • Jigsaw Families includes two sets of six sessions (plus an optional session 7). One is designed for younger pupils and one set is designed for older pupils. This allows the setting to tailor each programme to the parents and children attending. |

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The classroom offers a safe base

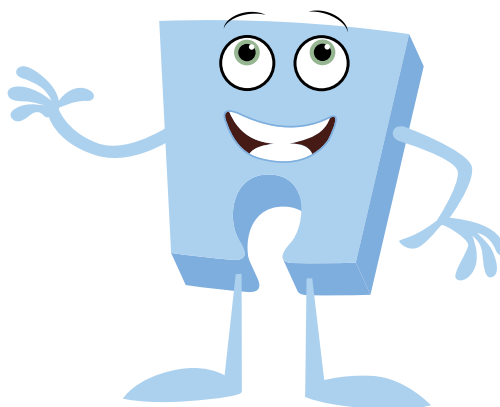
- Jigsaw values every child and takes inclusivity as a given, promoting acceptance of individuals for who they are and who they will become.
- Each Piece (lesson) begins with the Jigsaw charter. This is designed to enable a safe, open and positive learning environment. The Jigsaw charter forms a set of 'ground rules' which are agreed upon and owned at the beginning of the year and are reinforced in every Piece.
- Children are taught from the very beginning of every lesson that they have the right to pass, to show respect for each other and to be confidential in the session.
- The Jigsaw Circle brings children and adults together to feel equal, included and valued so that they can share ideas, thoughts and feelings together.
- In each Piece, the structure of the session enables opportunities for children (and adults) to feel included, recognised and valued. Connect Us includes fun, interactive and memorable games to support children in feeling comfortable in the learning environment.
- The Calm Me approach supports mindfulness, encouraging children to tune into their breathing, their thinking and how they are feeling. This is an opportunity for quiet and reflection.
- Jigsaw Jerry's Cat, included in all-year group puzzle pieces, offers a moment to 'Pause for thought'; to reflect on what you are thinking and feeling in the moment .
- Jigsaw Outdoors teaches children to explore, experiment and experience nature in a way that makes them feel comfortable. It teaches children to recognise and manage risks when outside.
- Jigsaw Families provides an informal, friendly and safe environment to explore the challenges of being a parent and offers strategies to help meet families' needs while building a richer engagement with the school or community.



3

Nurture is important for the development of self-esteem

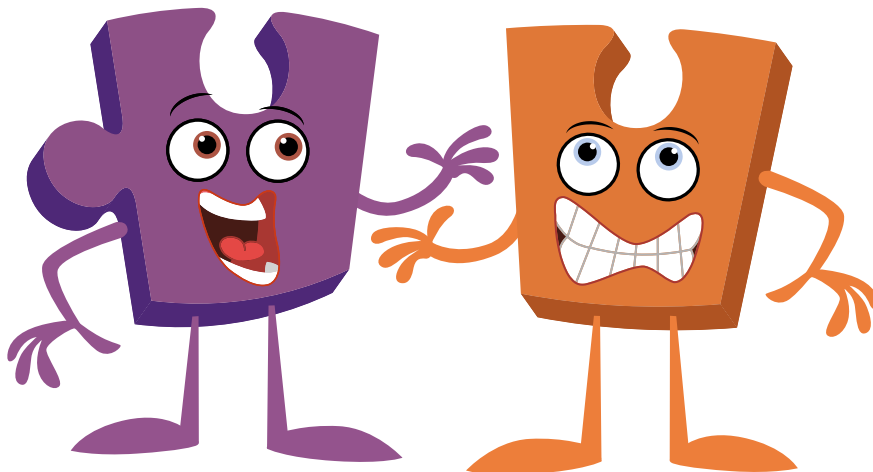
- Jigsaw's philosophy is about building a positive self-image, a sense of identity and a healthy relationship with self, and from that starting point helps children to grow healthy relationships with others.
- Jigsaw R.E.S.T. (Resilience and Engagement Scale and Toolkit) boosts resilience, enables peer and self-awareness, increases learning capacity and nurtures self-esteem and empathy.
- The Jigsaw Families Programme offers support for parents and carers, to be actively involved in their child's schooling which aims to help build their child's positive internal picture.
- Supporting families is at the heart of Jigsaw Families, reiterating that there is 'no such thing as a perfect parent' and instead offers support and strategies to build parental/carer confidence and strategies to help meet the needs of their child.
- Jigsaw aims to improve children's and young people's capacity to learn, their resilience, emotional well-being and mental health.
- Each Jigsaw lesson has a specific learning intention centred around developing emotional literacy and social skills.
- The Jigsaw philosophy is to grow resilience, positive self-esteem and confidence in children, so they can recognise when they feel uncomfortable in a situation and know whom to trust and how to speak up for help.
- At the end of every unit Puzzle, learning is shared and celebrated as part of a 'Hall of Fame' display. This provides an opportunity for children to be proud of their achievements and celebrate their termly learning.
- Jigsaw Outdoors creates opportunities for children to connect with nature. Being outside is generally regarded as beneficial for many children and is supported by a wealth of research that suggests a calming and positive effect on their mental health and well-being.



4

Language is understood as a vital means of communication

- Jigsaw acknowledges the vital means of all the different types of communication. Whilst language is a tool for communicating, Jigsaw emphasises all aspects including listening, empathy, body language, facial expressions, gestures, and tone of voice.
- Jigsaw recognises that language is a factor in supporting children to build relationships, share feelings and emotions and create a sense of community.
- During the Jigsaw Families sessions, a focus is placed on using positive language and positive non-verbal communication.
- Jigsaw recognises and teaches children that communication can be affected by lots of things such as our emotions, culture and experiences and encourages children to celebrate differences.
- Every year group has a Jigsaw Friend, which is designed to be included as the Talking Object, i.e. when you are holding Jigsaw Jack it is your turn to speak (if you choose to) and be listened to.
- Developing language and providing lots of opportunities to talk are woven into all of the lessons. Children are invited to engage in paired, group or whole-class discussions to share their thoughts, feelings and ideas.
- Jigsaw Outdoors focuses on developing PSHE skills in the outdoors. Being in the outdoors is proven, through a range of high-quality research to be effective in supporting children's communication and language skills.
- An inclusive programme, Jigsaw offers many tools, resources and strategies aimed to be adapted to match best practices for supporting a range of needs, including pupils with SEND and/or learning differences.
- Key vocabulary is included in each Puzzle Piece and is reinforced in subsequent sessions, with opportunities to use and apply vocabulary.
- Jigsaw Families aims to open and maintain effective communication between home and school/setting.



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| <p>5</p> | <p>All behaviour is communication</p> | <ul style="list-style-type: none"> • A mindfulness approach through teaching children to be aware of their thoughts and feelings as they happen, in the present moment. This helps children to be aware of their feelings as they arise and through. • Jigsaw lessons offer opportunities to practise skills such as calm breathing techniques which children can then choose to use to regulate and/or manage their thoughts and feelings. • Jigsaw Outdoors offers the choice to use Calm Me or Mindful Movement (a series of yoga poses) to choose between what is most effective and supportive for pupil needs. • Children learn about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each, whilst also being age appropriate. • Jigsaw recognises that all children learn differently and offers suggestions and invitations for children to join the session in a way which suits their learning . • A 'Pause for thought' with Jerry Cat supports children and young people to see their thoughts as they arise and intervene by pressing the 'pause' button to consider their response during the learning process. This includes observing their thoughts and feelings relating to what they are learning about in the lesson. • Through the 'Calm Me' time in each Piece, breathing techniques, awareness exercises and visualisations enable children not to empty their minds but to quiet them and become aware of the activity within them and manage it positively. • The Jigsaw Chime and the Calm Me exercises are an easy introduction to techniques which help children relax their bodies and calm their minds, reaching an optimum state for learning. It teaches children the skills of awareness and the ability to be aware of their thoughts and feelings. • Lessons help children to explore their thoughts and feelings, expand their emotional vocabulary, explore thoughts-feelings-consequence sequences, build their confidence and express themselves in a safe environment. • Jigsaw Families supports parents and carers in an informal, friendly and safe environment to explore the challenges of being a parent and offers practical strategies to support. • Feedback from teachers found that Jigsaw Outdoors improved children's focus, attention and behaviour and noticed increased motivation and engagement from all when in the outdoors. |
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| <p>6</p> | <p>Transitions are significant in the lives of children</p> | <ul style="list-style-type: none"> • Jigsaw is more than a curriculum programme. It offers whole-school opportunities e.g. assemblies, end-of-Puzzle displays, Weekly celebrations, music and songs, to reinforce the curriculum work and enhance the positive ethos of the whole school. This recognises the different stages of development for all children but brings them together as a community; an effective whole-school development tool. • Jigsaw PSHE fulfils all requirements for the statutory Relationships and Health Education curriculum. • Teaching children about puberty and human reproduction through the Changing Me Puzzle includes age-appropriate teaching resources (animations, picture cards and resource sheets) to enhance teaching and learning. • All Puzzle Pieces provide opportunities to discuss, reflect and talk with peers relating their own experiences and exploring how they feel about different scenarios and situations. • Jigsaw Outdoor encourages children to develop a positive mindset around the weather and teaches children about the transition which can be noticed in nature. Children learn resilience, preparedness and flexibility, which will be a great benefit to them throughout their lives. • Jigsaw holds children at its heart and aims to equip them for happy, healthy lives and to be effective life-long learners. • Jigsaw Families offers a session on managing change. The issues to be discussed are raised through original child-friendly stories and short video clips. |
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November 2022

