



The mindful approach to PSHE

At All Souls' Church of England Primary School, we aim to prepare our pupils for life, helping them to really know and value who they are and understand how they relate to other people in this ever changing world.

To help us achieve this, we follow a scheme of learning called *Jigsaw*, which gives our pupils relevant learning experiences to help them navigate their world and develop positive relationships with themselves and others. It also helps our pupils to advance their emotional awareness, concentration and focus.

This new programme is embedded as part of a whole school approach to support our children to be safe, happy and prepared for life.