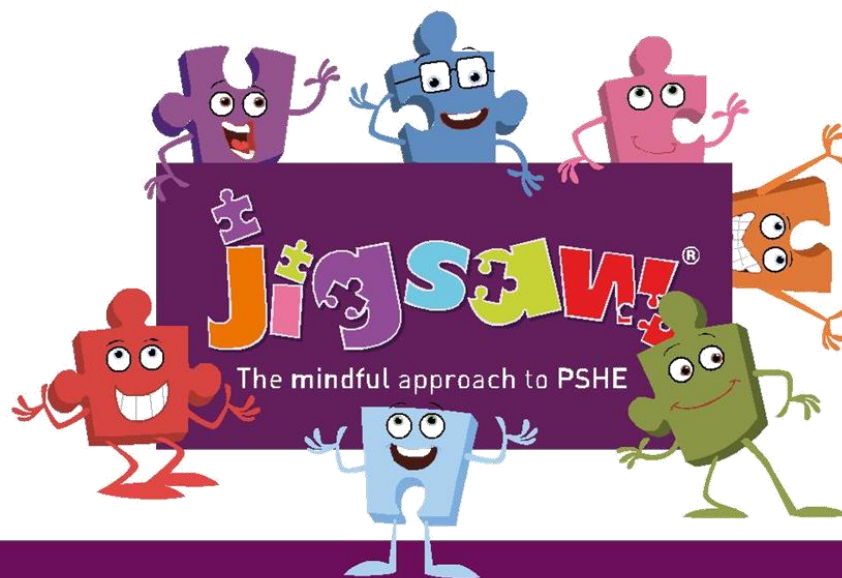




Jigsaw Success Stories

School Name	Oak Cottage Primary School		
Head Teacher	Mr R Marshall		
Jigsaw Champion Name	Mrs J Newman		
Local Authority Area	Solihull		
Size of School (NOR)	241		
Status	Outstanding		
What area of Jigsaw is your success story based on?	PSHE Curriculum development General ethos Behaviour improvements Social skills Calm Me	Mindfulness SEN children Emotional Literacy Parental feedback	Being me in my World Celebrating Difference Dreams and Goals <u>Healthy Me</u> Relationships Changing Me
	Other (please specify) _____ (Please tick all that are appropriate)		

Our Jigsaw work on 'healthy me' has really made an impact across the school. We have listened to pupil's views and incorporated those within the jigsaw puzzle and this has filtered out into other curriculum areas as well, for example computing and PE.

Our Healthy me puzzle work starts with a whole school assembly led by the head teacher so all the children know what their next focus will be. Each class celebrates their Jigsaw work in their good work assemblies each half term as well. This year, we have included well-being assemblies to further support the Jigsaw work. We have used Jigsaws mindfulness assemblies as well as other materials and the children follow the same rules as they do in Jigsaw. The staff also have some well-being time during that assembly slot.



We wanted to keep the children as active and as healthy as possible, so we have introduced the daily mile in all year groups. As well as this, we have introduced Living Streets, whereby the children can collect badges for each month they either walk scoot or bike to school. In addition to this, the whole school took part in the 'Commonwealth Conga', whereby the commonwealth baton was passed to every child in school, whilst doing the conga around the grounds, 240 children at once! We also have purchased gym equipment for the children to use under supervision during school times and after school. We ensure that each class have mini exercise breaks in lesson as well. All of these new initiatives have had a real impact on the children feelings healthier and more active.

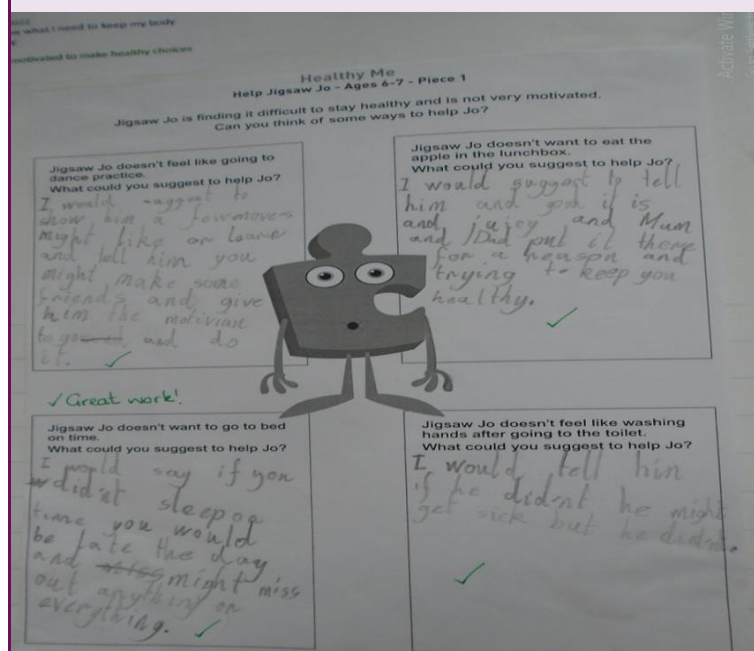
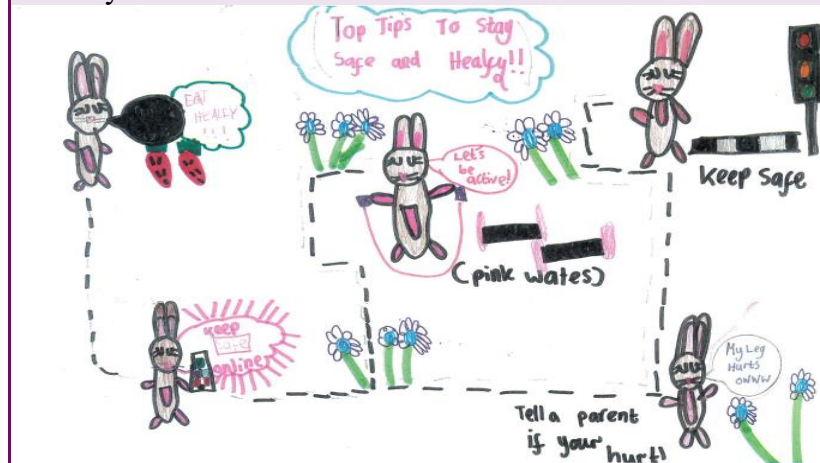


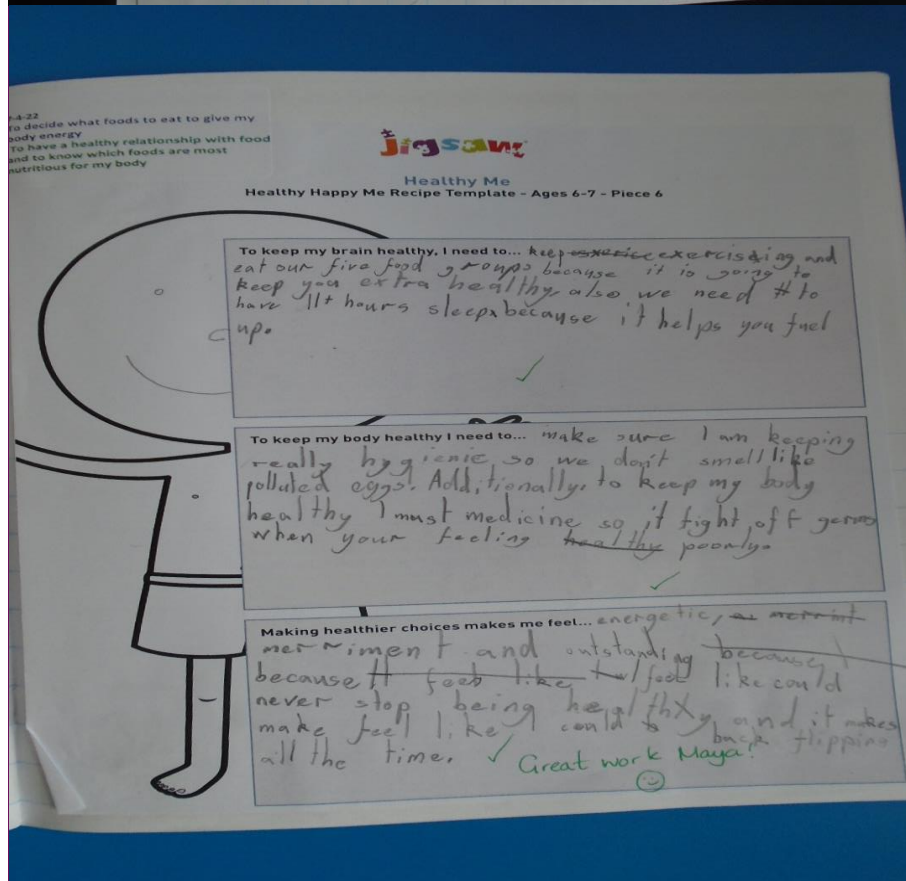
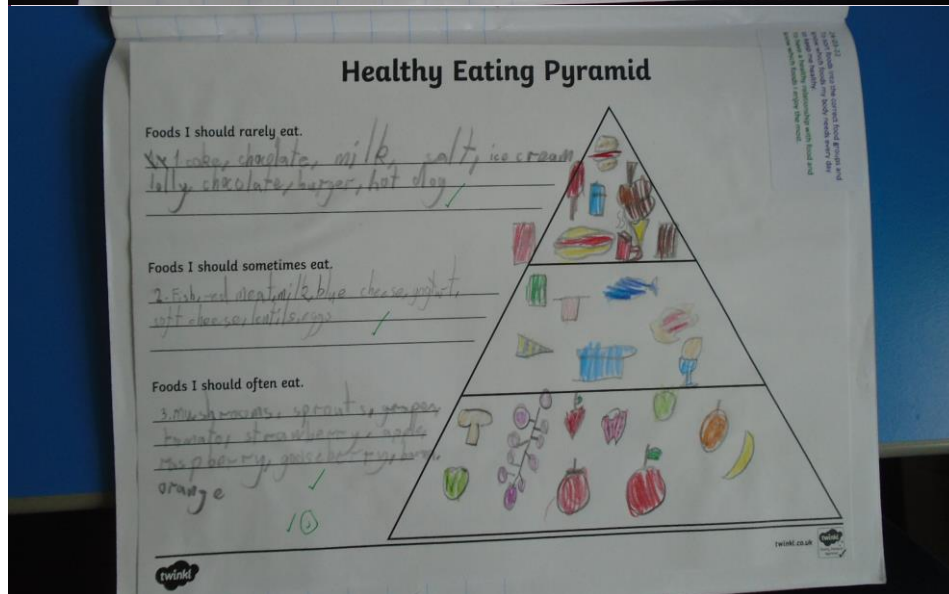
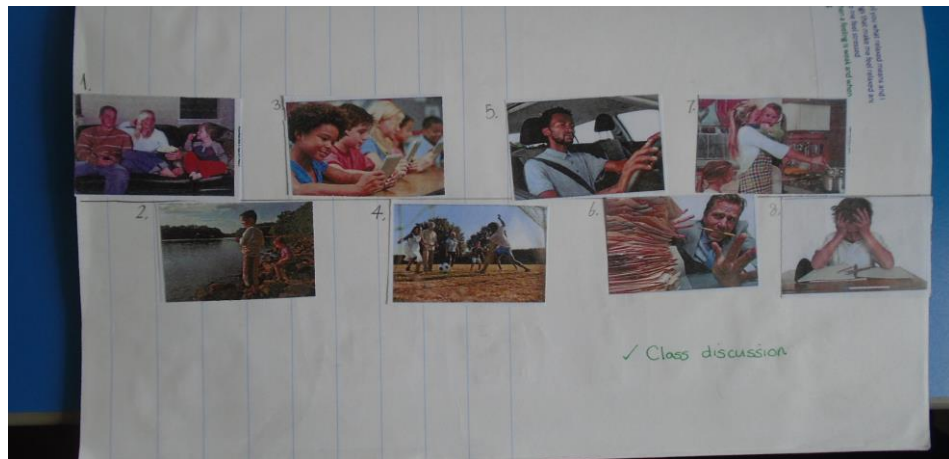
The healthy me unit has supported our work in computing, on online safety. We have matched our Jigsaw work and computing via Education for a connected world. This has helped to link children's learning even more rigidly, so that the implementation has a great impact and matches the intent of both schemes of work.

We have our own polytunnel, whereby each class grows produce during the course of the year. This produce is then either used as snack, used in our kitchens in the school dinners and has even been sold to the parents. This was born from ideas by the children at school council meetings and we made it happen with support from our PSFA.

	As the healthy me jigsaw pieces are progressive (as are all the pieces) over the whole school, the children know what the other classes are learning about and talk to each other about it. This consistency in approach is what we feel has made a difference to our children. Our school achieved outstanding status and Jigsaw was the scheme of work we were using at that time. Ofsted wrote, “Staff teach pupils how to look after themselves in different situations so that they learn how to manage everyday risks in sensible ways. Pupils of all ages know it is important to report bullying, should it happen. They also know that other pupils and adults will help them if they have a problem.” Our school takes part in the HRBQ (The Solihull Children and Young People's Health and Wellbeing Survey) This is a survey that is asked to our year 4 and year 6 children and answers are anonymous. This survey is undertaken every two years. As you can see below, our scores are well above the average compared to our local schools and our scores have increased in some areas over the time we have been following the Jigsaw scheme. <table><tr><th>Question asked to children on the HRBQ</th><th>OUR SCHOOL</th><th>Solihull LA AVERAGE</th></tr><tr><td>% who washed their hands before lunch on the day before the survey.</td><td>82%</td><td>70%</td></tr><tr><td>% who said that their parents/carers have rules/expectations about what they are allowed to do online.</td><td>93%</td><td>82%</td></tr><tr><td>% who walked/scootered to school on the day of the survey.</td><td>89%</td><td>48%</td></tr><tr><td>% who eat vegetables 'on most days'.</td><td>64%</td><td>54%</td></tr><tr><td>% who think they will not smoke when they are older.</td><td>96%</td><td>90%</td></tr><tr><td>% who said that their teachers have talked with them in school lessons about drugs.</td><td>82%</td><td>66%</td></tr><tr><td>% who cleaned their teeth at least twice the day before the survey.</td><td>91%</td><td>80%</td></tr></table>	Question asked to children on the HRBQ	OUR SCHOOL	Solihull LA AVERAGE	% who washed their hands before lunch on the day before the survey.	82%	70%	% who said that their parents/carers have rules/expectations about what they are allowed to do online.	93%	82%	% who walked/scootered to school on the day of the survey.	89%	48%	% who eat vegetables 'on most days'.	64%	54%	% who think they will not smoke when they are older.	96%	90%	% who said that their teachers have talked with them in school lessons about drugs.	82%	66%	% who cleaned their teeth at least twice the day before the survey.	91%	80%
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So what?																									
	We now have a link via Jigsaw connect with another Jigsaw school in Dorset. This began with a live sharing assembly online between the two schools, sharing the jigsaw piece that we were learning about. We hope to share good practice and work with each other’s classes to embed Jigsaw even more within school, through other subjects. This we hope will improve standards even more and help children have healthy minds, with new friendships developing. Our next step is to link our school values to the Jigsaw pieces. Then at the start of each half term within our Jigsaw assemblies and when staff introduce their new Jigsaw unit, all staff are reiterating our school values. We asked our children, “If you had to recommend Jigsaw to another school, what would you tell them?” Ava said, “Enjoy and have a laugh, some parts are funny!” Charlotte said, “That it is very fun and you learn about lots of different things.” Rahil said, “You learn about lots of new important things and hear other people’s opinions.” Below are some examples from different year groups exploring the topic of																								
Looking forward																									

'Healthy Me'





PS-4-22
To identify the different members of my family,
to understand my relationship with each of
them and know why it is important to share and
accept the
understand that everyone's family is different and
understand that most people value their family

My Happy Home Recipe



Happy Home Cake Recipe

- A mouthful of specialtness
- A pinch of love
- A spoon-sprinkle of uniqueness
- A cup of laughter
- A teaspoon of understanding
- 20ml of cleverness
- 2 tablespoons of caring and support

Friday 13th May 2022

LO: To understand how to look after my mental health.

Today we have discussed how thought and actions can affect other people's mental health. We have also ~~consider~~ ^{considered} how we help ~~ourselves~~ ^{ourselves} and others. ✓

What we can do:

- rest - go to sleep
- do something you enjoy - watching your favourite TV programs
- talk to someone - tell someone everything ✓
- reassurance - tell not to worry
- do something nice to someone else
- go for a walk or exercise
- treating yourself - make a hot chocolate or get a treat like a cookie
- hug
- write it down ✓
- go away and come back to it - if it is work
- listen
- play with a pet
- play with someone or friends ✓



Excellent ideas. ✓ Great strategies.

Wednesday 2nd March 2022

L.O: To take responsibility for my health and make choices that benefit my health and well-being

Agony Aunt Scenarios

Dear Agony Aunt, I am feeling very sleepy lately and find it difficult to concentrate on my homework. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes miss a meal because I don't want to stop the game, but I have chocolate, snacks and energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

I would stop putting sweets and junk food in your room and minimise the amount of time you spend on the video games. Also, never miss a meal because you will be a lot of energy.

Dear Agony Aunt, My friends have started to smoke. I am worried that if I don't join in they will cut me out of the group. I know smoking is bad for me but I'll lose these friends, I won't have any at all. My friends are everything to me and without them I will feel miserable and depressed. What should I do?

You should never smoke because you know it's bad for you but if they were your real friends, they would accept the fact that you don't want to. I know this is a difficult decision, but never give into peer pressure.

Dear Agony Aunt, I drink a lot of sugary drinks and I think it has caused one of my teeth to ache. It's starting to hurt when I eat anything chewy. I am so frightened about going to the dentist, that I am thinking of not going and just putting up with the pain by taking some over-the-counter medicine. Can you offer me any advice?

You should definitely cut down on the sugar and make sure you brush your teeth to get rid of all the cavity. You should also go to the dentist because all they do is help you.

→ What can they do to prevent them feeling scared?

Dear Agony Aunt, I spend a lot of time with my friends and we hang around in the park and the local shopping arcade. My friends have started to bring alcohol along. I don't know where they get it from. Last week one of them got drunk and threw a rock through a shop window. The shop alarm went off and we had to run away. The shop owner called the police, but we weren't caught. I'm worried I will get into trouble if I keep going out with them. What should I do?

Although they are doing this, don't get involved but talk to the person to see if you could find out what is happening in their life and then go to the police, pay for the broken window and then everything will be fine.

Good advice

How is it?

sp. difficult -

Please attach photographs of the work or success in action, or children working on the piece involved.

**Please tick which
are appropriate**

We are happy for Jigsaw to use the following on the website and in the newsletter and have the relevant permissions in place to give this authority:

School name

School photo

Headteacher name

Jigsaw Champion name

Staff names

Photographs of children/children's work

First names only of children

Agree to all

