



# PSHE lead

“To educate the mind without educating the heart is no education at all”



Mental health is **as important to a child's safety and wellbeing as their physical health**. It can impact on all aspects of their life, including their educational.

Jigsaw gives children and young people the tools to have the best possible life. The programme equips them for happier and healthier lives, giving them agency to make their way through the world.

Jigsaw supports teachers to champion children and young people. It is a whole-school approach programme with weekly sessions, perfectly connect the pieces of Personal, Social, Health and Well-Being Education.

The programme teaches children and young people emotional literacy, social- and lifelong skills, RSE/RSHE and resilience in an age-appropriate manner.

This is why I am so passionate about leading this subject and ensuring that it is adapted and delivered to the best of our ability.

My passion derives from my own personal and social experiences and through studying A-level Psychology. Researching and exploring the impact that early childhood experiences have throughout life, spurs me on to ensure our children are armed with the skills needed to overcome obstacles that life may bring!