

Personal Social Health Education including Relationship Education,
British Values and SMSC

PSHE (Personal, Social, Health and Economic Education) is taught through the Jigsaw programme; however, the mindful approach is seen throughout the whole of the curriculum. We intend to provide children with knowledge, understanding and skills that they will need throughout their lives. Children are taught that they have important roles in their community and this will continue as they grow and become adults. PSHE teaches them essential life skills.

Jigsaw brings together PSHE, emotional literacy, mindfulness, spiritual, moral, social and cultural (SMSC) development. It also ensures that we cover statutory requirements for Relationships and Health Education. British Values including democracy, rule of law, individual liberty, mutual respect and tolerance of those of different faiths and beliefs are also included in the programme. Jigsaw is taught each week and forms a part of the timetable for each class. Lessons provide opportunities for mindfulness, emotional literacy and tasks, which require children to use speaking and listening skills as well as teamwork. The children are encouraged to ask questions, listen to each other and to understand each other's experiences and ideas. We regularly update parents with what is going to be taught in Jigsaw lessons as this enables children to continue conversations at home.

Relationship education covers 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'. These are mainly covered in the Relationships unit but are also covered in other areas of the PSHE curriculum. Children are shown that there are many types of families and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Through our PSHE lessons, we often talk about feelings and Mental Health. The children are taught to understand that everyone has mental health. In addition to Jigsaw, we use the 'Zones of Regulation' to help children to understand their feelings and find ways to talk about them. Sometimes children need more support with their feelings, so this would be passed onto our Family Support Worker in consultation with parents.

We aim that through the teaching of PSHE, using Primary Jigsaw, we will equip the children with skills that will be beneficial as they move through their lives. We want our children to gain knowledge of the world they live in. This builds on our values of collaboration, curiosity, gratitude, kindness, resilience and responsibility. All these elements can be seen through the Jigsaw programme as well as across all areas of the curriculum.

In addition to Jigsaw children are introduced to the PANTS rule and the resources from the NSPCC are used. More details can be found here.

For further information please visit <https://www.jigsawpshe.com/>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating Difference	Healthy Me	Dreams and Goals	Relationships	Changing Me