

PSHE at Culverstone Green Primary School.



What does PSHE stand for?

Personal, social, health and economic (PSHE) education.

As a school, we will tailor our PSHE programme to reflect the needs of our pupils, so they are equipped with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

What do schools have to teach in PSHE Education?

According to the National Curriculum, every school needs to have a broad and balanced curriculum that:

- promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school;
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life;
- promotes British values.

PSHE should be taught-

- regularly
- as a whole school
- to all pupils

Changes to PSHE in September 2020

Relationships education, relationships and sex education (RSE) and health education.

Before September 2020, PSHE was not a statutory subject. However, from September 2020 the relationships and health aspects of the PSHE education will be compulsory in all schools.

However, due to Covid, if a school is not ready, or are unable to meet the requirements, they should begin teaching by at least the start of the summer term 2021. This is what we will be doing.

What is Statutory?

Relationships Education is statutory.

- This consists of x32 outcomes that pupils should know 'by the end of primary school'
- All pupils are expected to have been taught LGBT content at an age appropriate level as part of this area of the curriculum (no relationship type is singled out.)
- All pupils are expected to be taught about online relationships and understand the danger, at an age appropriate level
- Jigsaw stands firmly by its philosophy that ALL children should be valued and included and hence includes images of many different family compositions in lessons on family relationships.

Parents do **NOT** have the right to withdraw their children from Relationships Education.

What is Statutory?

- Health Education is statutory.
- This consists of x35 outcomes that pupils should know 'by the end of primary school'
- Puberty work is statutory.
- Health education includes mental, physical and emotional health.



JIGSAW!
The mindful approach to PSHE

The logo features the word "JIGSAW!" in a playful, rounded font. Each letter is a different color and contains a puzzle piece cutout. The letters are: J (orange), I (pink), G (purple), S (light blue), A (light green), W (red), and an exclamation mark (red). The puzzle pieces are: a purple piece on top of the J, a green piece on top of the I, a purple piece inside the G, a purple piece inside the S, a purple piece inside the A, a red piece inside the W, and a red piece at the bottom of the exclamation mark. A registered trademark symbol (®) is located to the right of the exclamation mark.

What is Jigsaw, the mindful approach to PSHE, and how does it work?

Jigsaw is a comprehensive and completely original PSHE Education for the whole primary school from ages 3-11 it also includes all the statutory requirements for Relationships and Health Education.

Jigsaw has two main aims for all children:

- To build their capacity for learning
- To equip them for life

Jigsaw brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development.

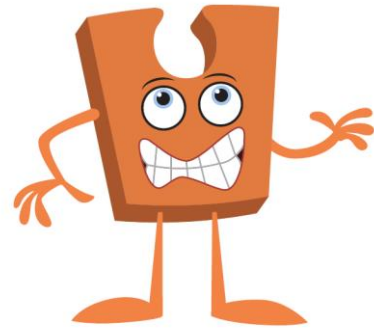
It is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own level.

There are six Puzzles (half-term units of work) and each year group is taught one lesson per week. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

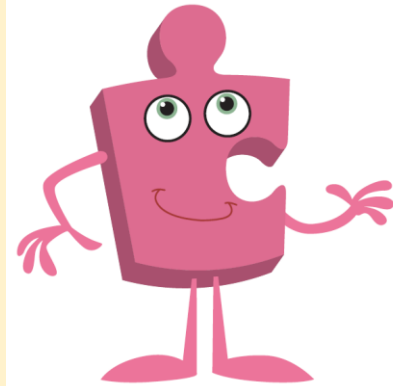
What will Jigsaw teach my child?

The overview below summarises the content in each of Jigsaw's units of work (Puzzles):

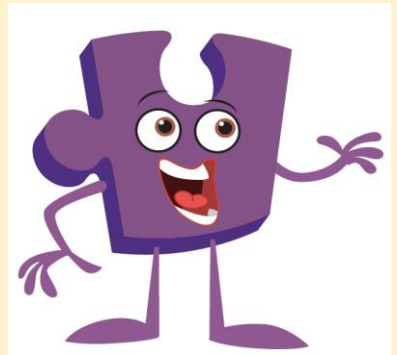
Being Me In My World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.



Celebrating Difference focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'. Anti-bullying, including cyber and homophobic bullying, is an important aspect of this Puzzle.



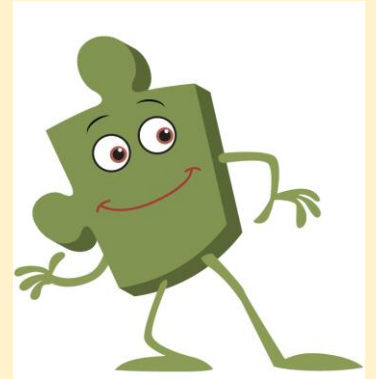
Dreams and Goals aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using teamwork skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.



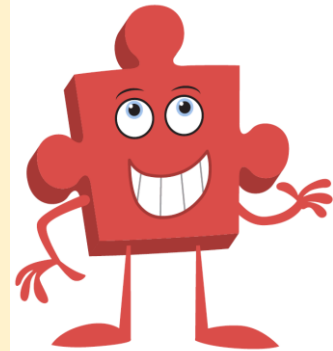
Healthy Me covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this Puzzle.



Relationships starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.



Changing Me deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles are taught in some year groups and human reproduction will be taught in year 6 only.



What else is included?

Every Jigsaw lesson includes mindfulness practice. Mindfulness is being able to observe your own thoughts and feelings as they happen, in the present moment, applying no judgement. Jigsaw teaches children to understand their thoughts and feelings through the Calm Me time exercises (using the Jigsaw Chime) and Pause Points (using Jigsaw Jerrie Cat). This helps to develop their awareness, and their capacity to be mindful human beings. Learning is thus enhanced emotions and behaviour are self-regulated.

