

## **PSHE Policy**

At Robinswood Primary School we see Personal, Social, Health and Citizenship Education (PSHE) as being at the centre of all that we do. Through our curriculum, our school environment and our school ethos, we promote pupils' self-esteem and emotional well-being and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.

### **We provide a broad and balanced curriculum, ensuring that it:**

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society.
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life.
- Provides information about keeping healthy and safe, emotionally and physically.
- Encourages our children to understand how all actions have consequences and how they can make informed choices
- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing.
- Be aware of safety issues, including how to respond in an emergency.
- Know how to manage changes in life.
- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know how to respect equality and diversity in relationships.
- Know the importance of responsible behaviours and actions.
- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.

PSHE is delivered within a whole school approach which includes:

- Dedicated curriculum time
- Teaching PSHE and Citizenship within other areas e.g. Science
- Specialised assemblies
- PSHE and Citizenship activities and school events
- Pastoral care and guidance
- Visiting speakers

As a school we use Jigsaw which is an explicit, structured, whole-curriculum framework and resources for teaching social, emotional and behavioural skills to children, to aid our delivery of PHSE. The framework has been adapted by staff so that there is progression throughout the school. PSHE is concerned with the emotional health, well-being and welfare of the pupils in our school. It enables pupils to become effective learners and supports them as they move from childhood through adolescence to become independent young people and effective citizens. There are very strong links between PSHE and our approaches to behaviour and discipline, where adults provide positive role models by promoting respect for one another, the environment and the creatures that share our world.

### **Aim of the Jigsaw PSHE programme**

To provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community.

Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

### **Objectives/Pupil learning intentions:**

Jigsaw PSHE will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

## Jigsaw Content

Term	Puzzle Piece	Content
Autumn 1	Being Me in My World	Understanding my place in the class, school and community.  Devising learning charters that enable everyone to learn in a safe and effective way
Autumn 2	Celebrating Difference	Understanding that people are different and have a variety of talents, skills, likes and dislikes. This topic includes discussing issues of bullying, to correspond with National Anti-Bullying week in November.
Spring 1	Dreams and Goals	Setting personal goals, aspirations, working together to achieve.
Spring 2	Healthy Me	This topic covers self-esteem, emotional and physical confidence, healthy life style choices, peer pressure and drug and alcohol education.
Summer 1	Relationships	Understanding friendship, family and other relationships, conflict resolution and communication skills.
Summer 2	Changing Me	Understanding that growth and changes occur to animals and human beings. Exploring how to deal with the emotional aspects of change in a positive manner. This topic includes Sex and Relationship Education in the context of looking at change.

### Review and monitoring of policy

This policy has been developed through discussion with the teaching staff and governing body. It will be updated in line with new initiatives and changes to the curriculum. The PSHE Co-ordinator will monitor the implementation of this policy.

**Date of Policy:** December 2020

**Review Date:** December 2023

### Links to other policies:

- Behaviour Policy
- Anti- Bullying Policy
- Safeguarding Policy
- Sex and Relationship Policy
- RE Policy