



Personal, Social and Health Education at Wylde Green

P.S.H.E. is both a subject and a school ethos. It is reflected in our school values. We want to each child to leave the school feeling confident, unique and proud. Our aim is to teach children how to navigate through life safely, happily and healthily. Children are growing up in a world that is constantly changing and it is the duty of all the staff at school in partnership with the parents to teach the children transferable life skills. We teach children about the world around them, relationships, emotions, reproduction and health, as well as transferable skills to help with life. We consistently promote fundamental British values and our school values.

P.S.H.E. is taught throughout the school from Reception to Year 6 and is delivered using the 'Jigsaw' scheme of work. Jigsaw is designed as a whole school approach, with all year groups working on the same theme or 'Puzzle' at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children. Jigsaw, the mindful approach to P.S.H.E, brings together Personal, Social, and Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. A weekly lesson is tailored to age related content, language and expectations.

P.S.H.E. enables teachers to enjoy building the relationships within their class, getting to know them better, as unique human beings. Each lesson has two learning intentions: one is based on specific P.S.H.E learning and one is based on emotional literacy and social skills development. These two learning intentions, enhance children's knowledge and social skills thus developing their vocabulary building on prior learning.

Each puzzle has six pieces (lessons) which work towards an 'end product' which creates the full puzzle, before moving onto the next theme. Each theme taught is categorised below.

1. Being Me in my World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy me
5. Relationships
6. Changing Me

Our aim

We aim for every single child to take part in P.S.H.E lessons that allow them to feel confident to discuss their feelings and worries in a safe and nurturing environment. It is our aim that each child has the right to their opinion and feel their view is respected and listened too. Our values at Wylde green are linked in the Charter and through P.S.H.E we aim to teach children to develop a sense of belonging, where they can challenge themselves, be resilient, and achieve their best. Above all, we aim that through teaching P.S.H.E, it allows our children to reflect on their choices and evaluate their impact



on others around them. Lessons will enable children to explore their rights and responsibilities in the school and in their wider community. We ensure that by teaching good quality P.S.H.E lessons, this practice will filter through the school, impacting on children's positive behaviour and well-being.

Clubs to support P.S.H.E throughout the school.

In addition to the P.S.H.E curriculum, the following opportunities are available for children. These are led by members of the school staff. The aim is to develop children's social and emotional skills, develop relationships and provide an opportunity to develop their interests in a less structured environment but with support staff to develop their overall well-being.



1. Mindfulness colouring club
2. Citizenship awards
3. Lego club
4. Chess club
5. Craft club
6. Sporting clubs

In addition to these extra clubs, our school also aims to build children's self-esteem, resilience and



confidence through weekly Super Star Assemblies. 'Our school prides itself on giving children many opportunities to reflect on their personal goals and provides them with the opportunity to think about the long term rewards of resilience and taking accountability for their progress and behaviour. This is further promoted throughout the school through house points, pen passes and 'Commando Joe's' in KS2. Each term, teachers select two 'Star' children for a special award which also promotes children's well-being

and celebrates individual achievements. Pupils' achievements as members of the school community are also celebrated through the Citizenship Award.



How the P.S.H.E Scheme is taught throughout school

Reception

Puzzle Piece One - Being me in my World

In Reception, the children talk about how they have similarities and differences from their friends and how that is alright. They begin working on recognising and managing their feelings. The children talk about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children talk about what it means to be responsible.

Puzzle Piece Two - Celebrating Difference

The children are encouraged to think about things they are good at whilst understanding that everyone is good at different things. They talk about being different and how that makes everyone special but also recognising that we are the same in some ways. The children talk about their homes and are asked to explain why it is special to them. They talk about friendship and how to be a kind friend and how to stand up for themselves if someone does or says something unkind to them.

Puzzle Piece Three - Dreams and Goals

In this puzzle the children talk about challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.

Puzzle Piece Four - Healthy Me

In this puzzle the children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss stranger danger and what they should do if approached by someone they don't know.

Puzzle Piece Five - Relationships

Children are introduced to the relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children learn about Jigsaw's Calm Me and how they can use this when feeling upset or angry.

Puzzle Piece Six - Changing Me

Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that changes can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.

Year 1

Puzzle Piece One - Being me in my World

In this piece the children are introduced to their Jigsaw Charter. As part of this they discuss rights and responsibilities, choices and consequences. The children talk about being special and how to make everyone feel safe in their class as well as recognising their own safety.

Puzzle Piece Two – Celebrating Difference

In this piece the class talk about the similarities and differences between people and that these make us unique and special. The children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when to ask for help. The children talk about friendship, how to make friends and that it is OK to have differences from their friends. The children also talk about being nice to and looking after other children you might know are being bullied.

Puzzle Piece Three – Dreams and Goals

The children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.

Puzzle Piece Four – Healthy Me

The class talk about healthy and unhealthy choices and how these choices make them feel. The talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.

Puzzle Piece Five – Relationships

Children's breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the learning on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.

Puzzle Piece Six – Changing Me

Children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates.

Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried.

Year 2

Puzzle Piece One - Being me in my World

In this puzzle, the children discuss their hopes and fears for the year ahead- they talk about feeling worried and recognising when they should ask for help and who to ask. They talk about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children talk about choices and the consequences of making different choices. They make the Jigsaw charter.

Puzzle Piece Two – Celebrating Difference

The children talk about gender stereotypes, that boys and girls can have differences and similarities and that is OK. They talk about children being bullied because they are different, that this shouldn't happen and how to support a classmate who is being bullied. The children talk about feelings associated with bullying and how and where to get help. They talk about similarities and differences and that is OK for friends to have differences without it affecting their relationships.

Puzzle Piece Three – Dreams and Goals

The children talk about setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children talk about group work and reflect on who they work with and who they don't. They also talk about sharing success with other people.

Puzzle Piece Four – Healthy Me

The class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children discuss things that make them feel relaxed and frustrated. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies.

Puzzle Piece Five – Relationships

This puzzle piece enables the children to widen their knowledge on family relationships. It includes roles and responsibilities and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve-it-together and Mending Friendships). Children consider the importance of trust in relationships and what it feels like. Children reflect upon different types of physical contact in relations, which are acceptable and which ones are not. They practise strategies for being assertive when someone is hurting them or being unkind. Then children discuss people who can help them if they are scared or worried.

Puzzle Piece Six – Changing Me

The children look at different life cycles in nature including that of humans. They reflect on the changes that occur between baby, toddler, child, teenager, adult and old -age. Within this, children also discuss how independence, freedom and responsibility can increase with age. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.

Year 3

Puzzle Piece One - Being me in my World

The children will learn to recognise their self-worth and identify positive things about themselves and their achievements. They talk about new challenges and how to face them with positivity. The children discuss the need for rules and how these rules relate to rights and responsibilities. They talk about choices and consequences, working collaboratively and seeing things from different people's points of view. The children talk about different feelings and the ability to recognise these feelings in themselves and others. They also establish their Jigsaw Charter.

Puzzle Piece Two – Celebrating Difference

The class learn about families, that they are all different and that sometimes they fall out with each other. The children talk about techniques to calm themselves down and are taught strategies to resolve difficult situations that may arise. The children discuss using problem-solving techniques in bullying situations. They talk about name-calling and choosing not to use hurtful words. They also talk about giving and receiving compliments and the feelings associated with this.

Puzzle Piece Three – Dreams and Goals

The children look at examples of people who have overcome challenges to achieve success and discuss what they can learn from stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They talk about facing learning challenges and identify their own strategies for overcoming these. The children talk about obstacles which might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.

Puzzle Piece Four – Healthy Me

The children talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children discuss calories, fat and sugar, they discuss what each of these things are and how the amount they consume can affect their health. The class discuss attitudes towards medicines and how these should be used safely addressing the effects on their bodies.

Puzzle Piece Five – Relationships

The children revisit family relationships and identify the different expectations and roles that exist within the family home. They identify why stereotypes can be unfair and may not be accurate for example Mum is the carer, Dad goes to work. They also look at carers and why stereotypes can be unfair in this context. They learn that families should be founded on love, respect, appreciation, trust and cooperation. Children are reminded about the technique for negotiating conflict situations and the concept of a win-win outcome is introduced. They are introduced to the concept of stereotypes and how to stay safe online. Children discuss the needs and rights shared by children from around the world.

Puzzle Piece Six – Changing Me

The children learn the basics of animals, humans and their offspring. They explore babies and what they need to grow and develop including parenting. Children learn that it is usually the female that carries the baby in nature. The children also look at the outside body changes. The class discuss how they feel about growing up and there are opportunities for them to seek reassurance if anything is worrying them.

Year 4

Puzzle Piece One - Being me in my World

The children talk about being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is how it works. The children talk about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also talk about considering other people's feelings and refresh their Jigsaw Charter.

Puzzle Piece Two – Celebrating Difference

Children discuss judging people by their appearance, first impressions and what influences their thinking. They talk about bullying, including online bullying and what to do if they suspect or know that it is taking place. They discuss the pressure of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen. The children discuss their own uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone has changed.

Puzzle Piece Three – Dreams and Goals

Children discuss their hopes and dreams. They discuss how it feels when their dreams don't come true and how to cope with/ overcome feelings of disappointment. The children talk about making new plans and setting new goals even if they have been disappointed. The class talk about group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.

Puzzle Piece Four – Healthy Me

The class look at friendship groups. That they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and its effects on health, they do the same with alcohol. Finally, they talk about peer pressure and how to deal with it.

Puzzle Piece Five – Relationships

Learning in this year group starts focusing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/bereavement. They identify the emotions associated with these relationships changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is natural in relationships and they will experience some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship.

Puzzle Piece Six – Changing Me

In this Puzzle pupils are taught how genetic information carries personal characteristics. The children discuss looking at the feelings associated with change and how to manage these. Children are introduced to the Jigsaw's Circle of change model as a strategy for managing future changes.

Year 5

Puzzle Piece One - Being me in my World

In this puzzle the children think and talk about the year ahead, goals they could set for themselves as well as challenges they may face. They learn and talk about their rights and responsibilities as a member of their class, school, wider community and the country they live in. The children talk about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. They also discuss democracy, how it benefits the school and how they can contribute towards it. They revisit the Jigsaw Charter.

Puzzle Piece Two – Celebrating Difference

The children explore culture and cultural differences. They link this to racism, talking about what it is and how to be aware of their own feelings towards people from different cultures. They revisit the topic of bullying. The children talk about direct and indirect bullying as well as ways to encourage children to not use bullying behaviours. The class talk about happiness regardless of material wealth and respecting other people's cultures.

Puzzle Piece Three – Dreams and Goals

In this puzzle the children talk about their dreams and goals and how they might need money to help them achieve them. They look at jobs that people they know do, they look at the fact that some jobs pay more money than others and reflect on what types of jobs they might like doing when they are older. The children look at the similarities and difference between themselves and someone from a different culture.

Puzzle Piece Four – Healthy Me

In this Puzzle, the class look at the risks linked to smoking and this affects the lungs, liver and heart. They do the same with the risks associated with alcohol misuse. They are taught a range of basic emergency procedures and learn how to contact the emergency services when needed. The children look at how body types are portrayed in the media, social media and celebrity culture. They also talk about people's relationships with food and how this can be linked to negative body image pressures.

Puzzle Piece Five – Relationships

Children learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as off line, as mental health can be damaged. This leads onto a series of lessons that allow the children to investigate and reflect upon a variety of positive and negative online/social media contexts including gaming and social networking. They learn about age-limits also age appropriateness. Within these lessons, children are taught the SMARRT internet safety rules. Rights, responsibilities and respect are revisited with an angle on technology use. Screen time is also discussed and the children find ways to reduce their own on screen time. The lessons aim to help children know how to keep safe online.

Puzzle Piece Six – Changing Me

The children revisit self-esteem and self/body-image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is discussed explaining bodily changes in males and females. Children are encouraged to ask questions and seek clarification about anything they don't understand.

Year 6

Puzzle Piece One - Being me in my World

The children discuss the year ahead, they learn to set goals and discuss their fears and worries about the future. The children discuss their own behaviour and how their choices can result in rewards and consequences and how these feel. They talk about how individual's behaviour and the impact it can have on a group. They also discuss democracy, how it benefits the school and how they can contribute towards it. They revisit their class Jigsaw Charter.

Puzzle Piece Two – Celebrating Difference

In this Puzzle the children talk about differences and similarities and that for some people, being different is hard. The children talk about bullying and how people can have power over others in a group. They talk about strategies for dealing with this as well as wider bullying issues. The class talk about people with disabilities and look at specific examples of disabled people who have amazing lives and achievements.

Puzzle Piece Three – Dreams and Goals

In this puzzle the class talk about their own strengths and further stretching themselves by setting themselves challenges and realistic goals. They discuss the learning steps they'll need to take as well as talking about how to stay motivated. The children explore various global issues and explore places where people may be suffering or living in difficult situations- whilst doing this they reflect on their own emotions linked to this learning. The class also talk about what they think their classmates like and admire about them as well as working on giving others praise and compliments.

Puzzle Piece Four – Healthy Me

The children talk about taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people's bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health/illness and that people have different attitudes towards it. They learn to recognise triggers for and feelings of being frustrated and that there are strategies they can use when they are feeling anxious.

Puzzle Piece Five – Relationships

The class look at mental health and to take care of their own mental well-being. They talk about the grief cycle and its various stages, they also discuss the different causes of grief and loss. The children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.

Puzzle Piece Six – Changing Me

The class revisit previous learning about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. The children also learn about childbirth and the stages of development of a baby, starting at conception (taught by Raise Education). The children also learn about self-esteem, why it is important and ways to develop it. Finally, they look at the transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves mentally.

Things to do at home

P.S.H.E is extremely important and you can support your child's **P**ersonal, **S**ocial and **H**ealth Education aspect at home by changing a few simple things!

- **Physical activities** -Encourage extracurricular activities outside of school such as football, martial arts and dance clubs to develop social skills and team building.
- **Make time for your child's passion every day**
Talk about where they want to get with that skill and chat about the things they can do each day to develop it.
- **Exercise** -Our brains need some oxygen flowing through them so whether it's kicking a ball, learning a dance video, jumping on the trampoline or creating an obstacle course in the garden – make some time for exercise.
- **Eat together and talk**
At the kitchen table, talk about what you've been doing during the day for work. Ask them to share the things that they've learnt, talk about big topics like the environment, society, economy, health. You might be surprised by your child's opinions on the big things, however small they are.
Cook with your child- encourage healthy life choices with food and allow them to take part of the food shopping process and food preparation at an age appropriate level.
- **Have a routine but be flexible**
Our children are used to having a structured day and many thrive on that. If that's your child, then adopt a routine that's closely linked to the school day. Or if you have a 12-year-old like mine, who prefers to stay in bed for a few more hours and is a much more pleasant person as a result, then go with that.
- **Read**
Read together and alone, create cosy reading dens and stock up on books. Get them to keep a record of all the reading they've done to impress their teacher when they return.
- **Assign chores**
With so much more usage of everything in the house, it's going to be trickier to keep on top of the housework – it needs to be a family effort. Give different jobs each day and develop these vital life skills.
- **Play games**
Tackle jigsaws, build Lego – great for problem solving and developing creativity.

Links to support learning at home about PSHE and mental health topics:

<https://www.coramlifeeducation.org.uk/>

<https://www.annafreud.org/>

<https://www.childrensmentalhealthweek.org.uk/>