



PSHE Rationale

Intent:

At East Brent CofE Academy, PSHE is at the core of all we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the 'whole child' intellectually, morally, socially and spiritually.

PSHE is taught across the school from Pre-School to Year 4 on a weekly basis and the whole school follows the Jigsaw PSHE scheme. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. At the heart of our PSHE teaching we have a commitment to promoting and enhancing our core Christian values: Peace, Endurance, Aspiration, Respect, Love and Service.

With an ever-changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. We want our children to view themselves as global citizens and aspire for them to leave East Brent as considerate, respectful and resilient individuals. It is important that they are aware, at an appropriate level, of different factors which may affect their world and that they learn how best to deal with these so that they have good mental health and well-being.

A key part of our curriculum is Relationships and Sex Education and our delivery of RSE enables our children to learn how to be safe, and empowers them to have healthy fulfilling relationships, both now and in their future lives.

Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to high aspirations across the curriculum and beyond in later life. We aspire for the children to view themselves as lifelong learners who can always aim for the stars.

Implementation:

We implement the Jigsaw approach from Pre-School to Year 4 and teachers adapt the scheme in order to reflect the needs of their pupils. PSHE is taught through Jigsaw's six half termly units with each year group studying the same unit at the same time to develop their knowledge, skills and understanding in:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Learning in each topic then takes place during weekly whole class Jigsaw lessons which explore the different themes. Progression in skills and knowledge in PSHE are outlined in the progression grid.

Its cohesive vision helps children understand and value how they fit into and contribute to the world. With a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw equips us to deliver engaging and relevant PSHE education. This encourages building resilience and nurturing mental and physical health. Jigsaw lessons also include mindfulness which allows children to advance their emotional awareness, self-regulation and concentration.

We believe that PSHE education plays a vital part in primary education so as well as discrete lessons, it is embedded throughout the curriculum. Key concepts are explored across our broad and balanced curriculum. PSHE is also an important part of school assemblies where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured. In addition we hold special events such as themed days/weeks, we invite in visitors and have links with our community.

Our PSHE delivery ensures the children explore the diverse beliefs, values and attitudes that individuals and societies hold. It helps pupils to develop themselves, their understanding of the world, and their ability to communicate their feelings. Children at East Brent also acquire an understanding of British values that are necessary if they are to make sense of their experiences, value themselves, respect others, appreciate differences and feel confident and informed as a British and global citizen.

Impact:

By the time children leave us they will:

- Demonstrate kindness and respect towards themselves and others.
- Have the courage and ability to try new things, challenge themselves and persevere.
- Take responsibility for their actions.
- Have a good understanding of how to stay safe, healthy and how to develop positive relationships now and in the future.
- Understand the physical aspects involved in RSE at an age-appropriate level.
- Be able to understand and manage their emotions.
- Be able to look after their mental health and well-being.
- Have an appreciation of what it means to be a positive member of a diverse, multicultural society.
- Demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of Law and Liberty.

- Be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.
- Be inspired to reach for the stars.

At East Brent CofE Academy, we prioritise physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practice self-care and contribute positively to the wellbeing of those around them. We are committed to creating a positive, safe and nurturing environment, where all members of the school and wider community will be respected and valued. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings openly and know when and how they can seek the support of others whom they trust and respect. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community.

We continuously assess the implementation and impact of our PSHE curriculum in order to achieve the highest outcomes possible across all year groups and ensure we provide the support that is necessary for all children to achieve.

Our PSHE approach has a positive impact on the whole child intellectually, morally, socially and spiritually. Through our PSHE curriculum, we believe we can enhance children's education and help them to become caring, respectful, responsible and confident individuals and citizens.

What is PSHE Education?

PSHE Education (Personal, Social, Health and Economic Education) is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

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.

From September 2020, primary schools in England also need to teach Relationships and Health Education as compulsory subjects and the Department for Education strongly recommends this should also include age-appropriate Sex Education. At East Brent CofE Academy, we follow a whole school PSHE scheme called Jigsaw. Jigsaw supports all of the above statements.

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

Jigsaw is a whole-school approach and embodies a positive philosophy and creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn.

Jigsaw is a comprehensive and completely original PSHE Education programme (lesson plans and teaching resources) for the whole primary school. Written by teachers and grounded in sound psychology, it also includes all the statutory requirements for Relationships and Health Education, and Sex Education is also included in the Changing Me Puzzle.

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. This is delivered on a two-year rolling programme due to mixed aged classes. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.