

Swanwick Primary School



PHSE *summary of policy*

(Personal, Social, Health Education)

We teach Personal, Social, Health Education (PSHE) as a whole-school approach to underpin children's development as people and because we believe that this also supports children's learning capacity.

At Swanwick Primary School we allocate at least 30 minutes per week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way using the Jigsaw Lesson plans. To ensure progression and a spiral curriculum, we use **Jigsaw, the mindful approach to PSHE**, as our chosen teaching and learning programme.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The JIGSAW scheme of work also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Relationships and Sex education (RSE)

We include the statutory Relationships and Health Education within our whole-school JIGSAW PSHE Programme. Teaching and learning about puberty and simple human reproduction is statutory. However, we also teach some **specific age appropriate Sex Education lessons in Year 5 and Year 6**. These are not statutory and therefore **you have the right to withdraw your child from these sessions.**



LGBT

The approach that the Jigsaw Scheme takes towards teaching about equality including equality for LGBT people, very much upholds the ethos of our school. Learning centres around teaching children to accept difference and to foster good relationships with others.

You can find out more by [clicking here](#)

Health Education

The Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter. Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

Jigsaw Programme of Study- The following units are the same in each year group but the learning deepens and broadens in a spiral.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

You can [click here](#) for further information on the programme

These explicit lessons are reinforced and enhanced in many other ways:

- Assemblies-Themed to cover all the British Values, Celebrations/Events and our THRIVE Values



- Praise and Reward System- Support our THRIVE School Values



- Through relationships child to child, adult to child and adult to adult across the school We aim to 'live' what is learnt and apply it to everyday situations in the school community.

This is a summary document. Use this link to read the full policy in more detail