



Intent

PSHE is learning how to keep happy, healthy and safe and preparing for life and work.

Golden Threads: Being Me in My World, Celebrating Difference, Dreams & Goals, Healthy Me, Relationships, Changing Me



To support all pupils to build emotional resilience, self-awareness, and essential life skills, preparing them for success in school and beyond

To encourage all our pupils to play a positive role in contributing to school life and the wider community. We aim to promote healthy, independent and responsible members of society.

To support pupils to develop their emotional awareness and self-regulation.



Implementation

We teach PSHE in a variety of ways: as a discrete subject, via assemblies and through other subjects such as RE, History, Geography, Literacy, Maths and Science, as well as through outdoor educational visits, community work and activities.



Planning: At Westhouses we teach PSHE through Jigsaw; which is a programme for the whole primary school from Reception through to Year 6. It is taught through six whole school themes (puzzle pieces); Being Me in My World, Celebrating Difference (including anti-bullying), Dreams & Goals, Healthy Me, Relationships, Changing Me (including sex and relationships education). There is a strong emphasis on mindfulness, allowing children to develop their emotional awareness, concentration, focus and self-regulation. At the beginning of each lesson children will take part in calm time which is guided by the teacher and also supports children to develop skills for self-regulation.

Whole-School: There is a half termly celebration that is the same for each year group – these are designed to draw out a key theme from each week and reinforce its application; ensuring the Jigsaw learning is translated into behaviour and attitudes and is not confined to the lesson slot on the timetable. This theme is introduced every half term by Mrs Whitby during whole school assembly.

Recording: Each class has a floorbook which is used to document work completed during PSHE lessons. This includes photographs and children's written work where appropriate. Floorbooks are also used to document other activities which allow children to reinforce key messages learnt during PSHE, such as, educational visits, community work and key dates such as Remembrance Day.



Support for children with SEND or additional needs.

PSHE lessons provide an inclusive environment where pupils feel comfortable and safe to discuss their opinions, feelings and emotions. Lessons are carefully planned and resourced, including appropriate support and scaffolding so our children with SEND can access their learning at an appropriate level. In a PSHE lesson this could look like; Use of wobble cushions and fidget toys, smaller group discussions, particularly during circle time discussions, 1:1 adult support, tailored or adapted resources.



Impact

Children will be able to respect other's beliefs, opinions, feelings and emotions whilst being able to clearly articulate their own.

Children will be able to navigate their world and develop positive relationships with themselves and others.

Children will develop their sense of self-worth by playing a positive role in contributing to school life and the wider community, having a positive impact on both academic and non-academic outcomes.

Children are provided with opportunities to learn about their rights and responsibilities and appreciate what it means to be a member of a diverse society.