**PSHE at Pensilva**

**What is PSHE Education?**

At Pensilva, 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. We also teach this through our school moto ‘To Live, To Love, To Learn’  
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.  
Schools also have statutory responsibilities to safeguard their pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010).  
The Jigsaw Programme supports all

At Pensilva, we have introduced a whole school PSHE scheme called Jigsaw. Jigsaw combines PSHE, emotional literacy, mindfulness, social skills, and spiritual development.

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

Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike.

Jigsaw aims to help children know and value who they really are and how they relate to other people in this ever-changing world.

There are six Puzzles (half-term units of work) each with six Pieces (lessons). Every year group studies the same Puzzle at the same time (sequentially ordered from September to July), allowing for whole school themes and the end of Puzzle product, for example, a display or exhibition (like the Garden of Dreams and Goals) to be shared and celebrated by the whole school. Each year group is taught one lesson per week and all lessons are delivered in an age- and stage-appropriate way so that they meet children’s needs.

The overview below summarises the content in each of Jigsaw’s units of work (Puzzles):

**Being Me in My World** covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children’s rights and responsibilities, working and socialising with others, and of pupil voice.

**Celebrating Difference** focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone’s right to ‘difference’, and most year groups explore the concept of ’normality’. Anti-bulling, including cyber bulling, is an important aspect of this Puzzle.

**Dreams and Goals** aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using teamwork, skills, and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, and success. They get to share their aspirations, dreams, and goals of others in different cultures/countries, and their dreams for their community and the world.

**Healthy Me** covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical Health (eating a balanced diet, physical activity, rest, and relaxation, keeping clean, being safe, first aid).

**Relaxation** starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe, this links to online safety and social networking. Children learn how to deal with conflict, build skills in assertiveness, and identify their own strengths and strategies for building self-esteem and resilience.

**Changing Me** deals with change of many types. Growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes.