

Crabbs Cross Academy's PSHE Overview

Intent

At Crabbs Cross Academy, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

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.



We intend:

- To equip children with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.
- To provide tools for children to express their emotions, promoting positive strategies that children can use in their lives, including being able to make conscious decisions towards their well-being.
- That children can identify their emotions and set strategies to regulate them when needed.
- To promote the spiritual, moral, social, and cultural (SMSC) development of children and prepare them for the opportunities, responsibilities and experiences of later life.
- To promote good behaviour and positive character traits, including for example courtesy, respect, truthfulness, courage and generosity.
- To set high expectations of behaviour towards others in and beyond the school community.
- For children to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.
- To promote respect for the backgrounds and beliefs of children and parents in the community, always with the aim of providing children with the knowledge they need to live and be prepared for the world after primary school.
- To present and promote healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.
- That children will become healthy and responsible members of society, equipped with the knowledge and skills to make the right choices in society, alongside demonstrating and applying the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty.

Implementation

EYFS - In the Foundation Stage, PSHE and citizenship is taught as an integral part of topic work and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals. Reception also uses the Jigsaw Scheme of Work materials.

Key Stage 1 and Key Stage 2 - At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

Pupils are taught PSHE using 'Jigsaw' which is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

PSHE is taught through Jigsaw's six half termly themes with each year

group studying the same unit at the same time (at their own

In each school year of Jigsaw we solve 6 Puzzles

Autumn 1: Being Me in My World

Autumn 2: Differences (including anti-bullying)

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me (including Sex Education)

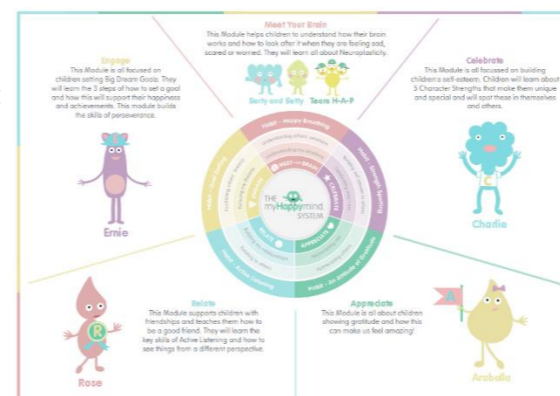


It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.

myHappyMind

We believe that focusing on developing a 'Growth Mindset' in our children will help them to build resilience, confidence and self-esteem; embrace challenge; foster a love of learning; and increase their level of happiness. We do this through 'myHappyMind'.

As a whole school program grounded in science and dedicated to building positive mental wellbeing, myHappyMind Helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!



Impact

Children will produce a variety of work in the six Jigsaw lessons that make up each unit of work (Puzzle). Much of this will be verbal, and some of it written. Within Jigsaw Primary materials there are specific assessment activities in Piece (lesson) 6 with some exemplification of the nature of the responses the pupils might give in relation to these.

In addition, Jigsaw has provided some general guidance that can be used to assess each child at Jigsaw's Working Towards, Working At and Working Beyond Attainment levels (descriptors).

The guidance offers suggestions of how children's responses (written or verbal) may be presented at each of these levels, as appropriate to children's age and stage.

myHappyMind Module Descriptions

- Meet Your Brain:** Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.
- Celebrate:** Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.
- Appreciate:** Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!
- Relate:** Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.
- Engage:** Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too.

By the time our children leave our school they will:

- Be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.
- Be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society.
- Appreciate difference and diversity.
- Recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- Be able to understand and manage their emotions.
- Be able to look after their mental health and well-being.
- Be able to develop positive, healthy relationship with their peers both now and in the future.
- Understand the physical aspects involved in RSE at an age-appropriate level.
- Have respect for themselves and others.
- Have a positive self-esteem.