PSHE Overview

Including Relationship and Health Education

What will my child learn?

Our school uses Jigsaw, the mindful approach to PSHE, which also includes all the statutory RSHE and supports us to teach this through six themed units (called "Puzzles") across the year. Here's what your child will learn:

Being Me In My World

Your child will learn about rights and responsibilities, classroom rules, and being part of a community. They'll explore what makes them feel safe and special, learn about making good choices, and identify trusted adults they can turn to for help. As children get older, this extends to thinking about citizenship and their place in the wider world.

Celebrating Difference

Your child will learn that everyone is unique and that differences should be respected and celebrated. This includes learning about different types of families, understanding what bullying is and how to prevent it, and developing empathy for others. Children learn that all families – including those with single parents, same-sex parents, step-parents, grandparents as carers, and many other arrangements – deserve respect.

Dreams and Goals

Your child will learn about setting goals, working hard, and coping when things don't go to plan. They'll develop resilience and learn that success looks different for everyone. This unit also covers how healthy lifestyle choices support this, about teamwork, and in older year groups, topics like managing money safely and understanding that what we see online isn't always reliable.

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Healthy Me

Your child will learn how to look after their physical and mental health. This includes healthy eating, exercise, sleep, and hygiene. They'll also learn about staying safe, including road, rail, water and fire safety, and, as they get older, about the effects of smoking, vaping, and alcohol. Mental health and emotional wellbeing are woven throughout.

Relationships

Your child will learn about building positive relationships with family, friends, and others. This includes understanding feelings, recognising healthy and unhealthy relationships, respecting personal boundaries, and as children get older, with a growing focus on considering media messages and staying safe online. The focus is always on kindness, respect, and knowing how to get help if needed.

Changing Me

Your child will learn about how bodies change as we grow, including puberty. This is taught in an age-appropriate way, building year on year. Younger children learn about life cycles and the correct names for body parts. Older children learn about the physical and emotional changes of puberty, including menstruation. Other aspects of change are also taught in this Puzzle, such as changing relationships and changes in families, changing classes and changes related to moving school or house and the vocabulary and strategies that can help us to manage and cope with change.