

PHSE and its role across the school and curriculum

***School Values *British Values *Essential Characteristics *Mental Well Being *Jigsaw, PHSE Essential Characteristics**

Try new things

Our school curriculum is broad and balanced and provides an opportunity for all children to experience something they really enjoy, are good at and are interested in at some point. Some children's strengths are not always regularly able to be used in school and it is important to ensure that children have the chance to be the best at something. It is also important to learn how to respond to the reverse of that, to be **resilient** and to bounce back and these opportunities arise regularly as children have new experiences. We add new topics into our curriculum regularly to respond to the children we are teaching and we enable children to realise that hard work leads to success. In the '**Changing me**' Jigsaw piece children acknowledge changes that might occur to them or others physically and how changes might occur in their routines and the future. It supports them in learning **new things** and moving forward and supports them with any **anxieties** these changes might bring.

Concentrate

Some children may find it difficult to concentrate with games and televisions so readily available. This is an important skill for children and adults to develop and use across the curriculum. In the 'calm me' section of a Jigsaw session children have an opportunity to develop their **mindfulness skills**, which is taught and practised throughout the school. This helps children to learn skills enabling them to choose their responses to situations rather than responding impulsively while feeling a particular emotion. This in turn supports children's concentration and therefore supports children's learning in all areas. Children will learn **breathing techniques, awareness exercises and visualisations** and this helps them observe their feelings and emotions. The '**Healthy Me**' Jigsaw piece has a focus on positive relationships which support **collaborative** learning and relationships. This module also involves the importance of healthy eating and exercise to enable us to have a **healthy mind and be happy**.

Push themselves

It is important that children learn to push themselves when they don't feel like doing things, when they feel shy or when they think they might fail. Sometimes our friends might try and stop us from doing something or something might just seem really hard. This links to our school value of **resilience**. Throughout our daily school life we live by our values and children are encouraged to keep on trying and not be afraid of their mistakes. Across the whole school children's work is responded to with 'green for good' and 'blue for better'. Children are being offered advice for ways forward with their learning by us making suggestions to help them improve. Children are used to this process and they learn that this supports them to move forward with their learning. The '**Dreams and Goals**' Jigsaw piece encourages children to consider their own aspirations and plan what they might do to achieve their dreams. Children work on activities in this programme that develop their realizations that some things take great time and **effort** to achieve. Children reflect on how positive it is to feel pride in their achievements as we learn new skills. Children can plan how we might **collaborate** with others or ask for help to make our dreams come true. We can also **help others** with their achievements and feel a sense of pride in doing this ourselves.

Imagine

It is important to encourage children to continue to have new ideas as they get older to help them learn. This enables them to make new discoveries and be **creative**. It is important to have our own ideas, **celebrate difference** and have our own **individual liberty**.

Improve

It is necessary for children to understand that improvements can be achieved in little manageable steps. Children learn to build their **resilience** and understand that there is nothing wrong with what they did to begin with but we can continually make improvements to things to achieve better results.

Understand others

It is a fundamental skill to learn to understand and respect others. Children need to think about what they can **give to others** at a time that is appropriate to them. This will help them develop skills of **mutual respect** and **tolerance of others** and further enables them to gain **resilience** and not give up when tasks are hard. We teach children to understand the process of achievement, rather than the final product and enable them to learn the steps to get there. The first **Jigsaw piece of the PHSE programme 'Being me in my world'** teaches children to consider their own rights and their responsibilities towards themselves and others as they begin their year in their new class. The school has been awarded the Bronze Rights Respecting School award and within our school behaviour policy, children are encouraged to consider their own feelings and the feelings of others and the impact their own behaviour has on others in their classroom. This is particularly beneficial when children develop relationships within their classes and when they work together **collaboratively**. Children learn to work positively in their new groups and show **compassion** towards others. In school children engage in tops sessions to discuss different behaviour incidents and this understanding of the impact their behaviour has on others ensures that children learn to **follow the law in Britain**.

The **'Celebrating Difference'** and **'Relationships'** Jigsaw pieces provide children with opportunities to accept their own skills and take compliments as well as give them to others. It supports children in becoming aware that **everybody is different** and this is a good thing. There is a focus on learning how to overcome problems independently by listening and **understanding other people** while tackling the issue of bullying. This provides a good basis for **'Anti-bullying'** activities to happen across the school. This learning also enables the whole school system of **'Playground Friends'** to be introduced. Here older children are available at playtimes to role model and support children with relationship conflicts. Children learn new strategies from children during these sessions that help them to make new friends and further establish the relationships they have. Children learn how they can get help if they are being bullied which reinforces that there is **no need to worry or suffer in silence**. Children have opportunities to consider how everybody has different families, how people help them, how they can help others and how they can support their own relationships in the future.