



PSHCE Portfolio

If you have good
thoughts, they will
shine out of your
face like sunbeams
and you will always
look lovely
- Roald Dahl.



**TREAT
OTHERS**
the way
you
want to be
TREATED.

This document is a work in progress and currently being developed further.



Curriculum Overview:

Intent

In PSHE, we give our children the knowledge, understanding and emotions to enable them to play an active role in society. We encourage children to have confidence in their own thoughts and believe that anything is possible if they put their mind to it. Through Global Citizenship we help children to see the interconnected nature of our world and the importance of respecting every single person regardless of their identity, race or culture.

Implementation

- All pupils have a weekly PSHE lesson, these last for an hour from KS1 onwards.
- Medium term planning is given to all staff which has been developed by the PSHE lead and the Jigsaw scheme in line with guidance from The PSHE Association to meet the needs of our pupils.
- Medium term planning incorporates PSHE sessions as well as themes to celebrate Global Citizenship
- Global Citizenship is taught and celebrated through 7 themes; social justice & equity, identity & diversity, globalisation & interdependence, sustainable development, peace & conflict, human rights and power & governance.
- Visitors from our diverse local community as well as emergency services and the school nurse complement our PSHE curriculum to offer additional learning opportunities.
- Children are taught about Relationships and Sex Education (RSE) each summer as part of their 'Changing me' topic.
- Assemblies are planned to cover any additional sessions that would benefit the whole school and these tend to be timely throughout the year e.g. Black History Month, Pride Month, International Women's Day etc

Impact

We firmly believe that a meaningful PSHE curriculum interwoven with Global Citizenship is the key to children becoming confident, tolerant and well-rounded adults. Children can approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life. From exposure to a range of global issues and problems, children can build up tolerance and a sense of responsibility through being a global citizen.

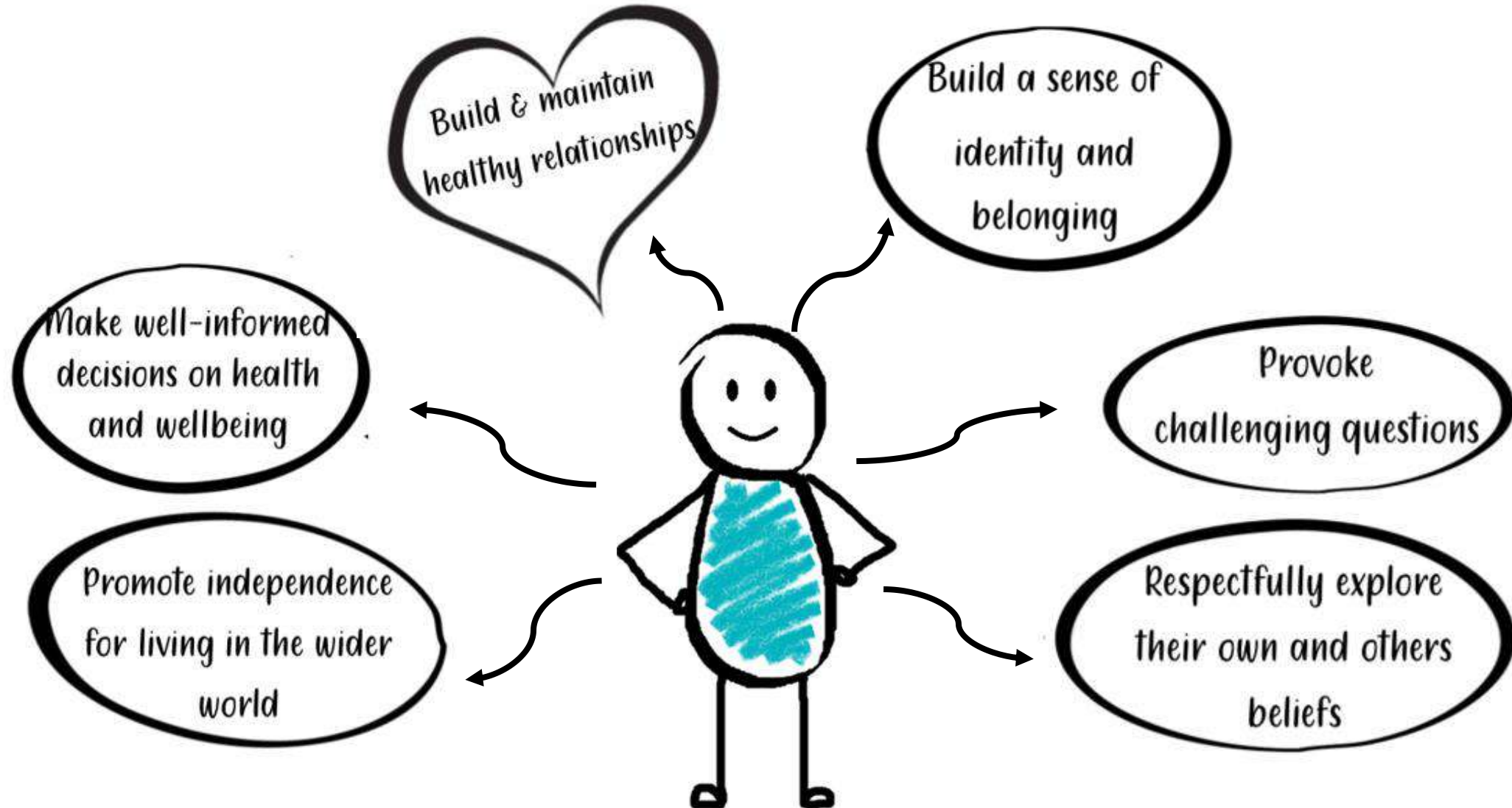
Children's engagement with a variety of carefully selected texts, enables them to understand the different lifestyles that people may live and be respectful towards those leading different lives to themselves. Our success will be measured in our children's ability to thrive and remain resilient in our modern world even when they face challenges or are faced with complex situations and decisions.

Global citizenship helps young people to: build their own understanding of world events, think about their values and what's important to them and take learning into the real world.





What a Successful Citizen Looks Like:





SMSC and Global Citizenship in PSHCE:

Our aim is to inspire all our pupils to love learning and to be socially and morally responsible citizens of the world. Our purpose is to nurture the growth of the whole child- academically, socially and emotionally. Good relationships are at the heart of our school- our ethos is warm, supportive and family friendly. Our school REFLECT values are embedded in our school SMSC education through PSHCE lessons, assemblies and teachable moments that occur in the everyday life of school. We define SMSC as:

<u>Spiritual development</u>		<u>Moral development:</u>	<u>Social development:</u>	<u>Cultural development</u>
Definition	Explore beliefs and experiences; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect meaningfully on their own actions and the actions of others.	Recognise right and wrong; understand consequences; investigate moral and ethical issues, offer reasoned views.	Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.	Appreciate cultural influences; participate in culture opportunities; understand, accept, respect and celebrate diversity.

Jigsaw is more than PSHCE scheme of work. It provides a structured programme of personal development to nurture the ‘whole child’ and increase learning capacity, underpinning by mindfulness philosophy and practice.

Every Jigsaw lesson from Early Years to upper primary offers opportunities for children’s spiritual, moral, social and cultural (SMSC) development, and this is clearly mapped and balanced across each year group.

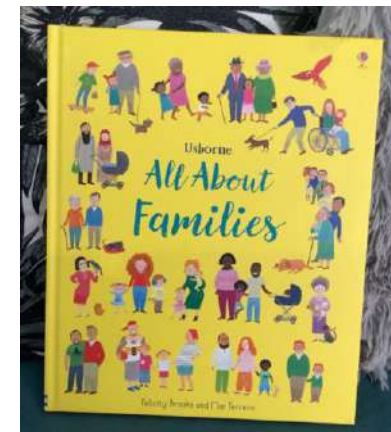
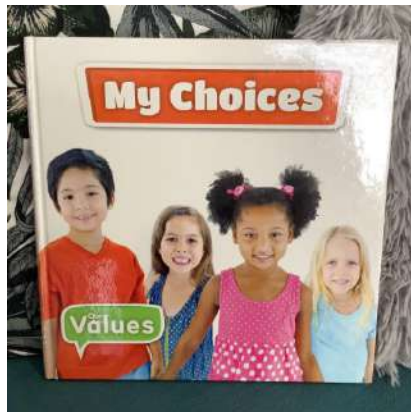
Likewise, Jigsaw is designed to provide structured opportunities in every lesson to practise and enhance the five skills associated with the emotional literacy (self-awareness, social skills, empathy, motivation and managing feelings). These opportunities are vital for children’s development, their understanding of themselves and others and in increasing their capacity to learn.



Equality and Diversity (including BV):

Part of our program focuses on similarities and differences, which teaches children about diversity, racism, power, friendships and conflict. These are taught in a puzzle that we call celebrating difference. As children complete this puzzle they learn to accept everyone's rights to be different whilst learning about bullying, including cyber and homophobic bullying.

Other equality and protected characteristics, such as relationships are covered in our relationship puzzle. This puzzle encompasses diverse topics, from families and friendships to love and loss. The purpose of this puzzle is to safeguard children and young people, whilst teaching them how to deal with conflict, self esteem and strengths.





Supporting Children With SEND:

To overcome potential barriers within PSHCE, some pupils may need content and teaching tailored teaching to meet the specific needs of pupils at different developmental stages. The following resources and strategies are used at The Mease:

- Provide mindfulness activities and strategies to help children calm themselves and moderate reactions.
- Social skills are practised in a fun and non-threatening way in every lesson through games, group work and sharing ideas. The child is able to participate at a level that is comfortable for them.
- Acknowledge and be aware of differences and respect and celebrate these in a positive way.
- Children without SEND are encouraged to develop their understanding of the individual needs of our children who have SEND. Through encouraging social skills and effective communication, children with SEND are supported by their peers, they feel valued and understood.





Examples of our PSHCE Curriculum

Early Years



Understanding that similarities and differences are what makes us special



Having a sense of identity and belonging in my class, in my school and in the wider community



Taking risks and knowing that making mistakes is an important part of how we learn



Communicating our feelings and needs
learning calming strategies to manage our feelings





Examples of our PHSCE Curriculum

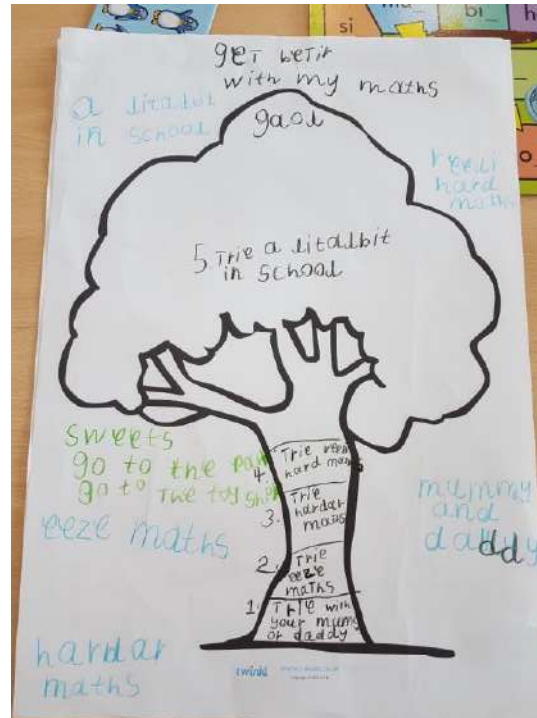
KS1



Communicating effectively with those around us, listening and valuing others views



Believing in yourself and aiming really high



Know that we are all unique and have different qualities that make us special



Setting goals and breaking these down into small, more manageable chunks. Knowing who we can turn to for support and when to reward ourselves

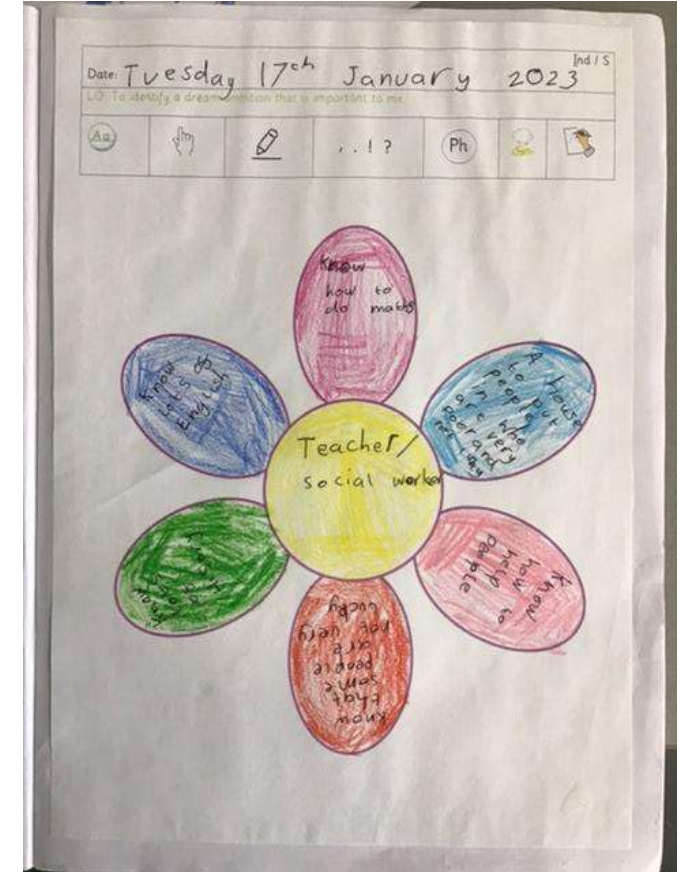
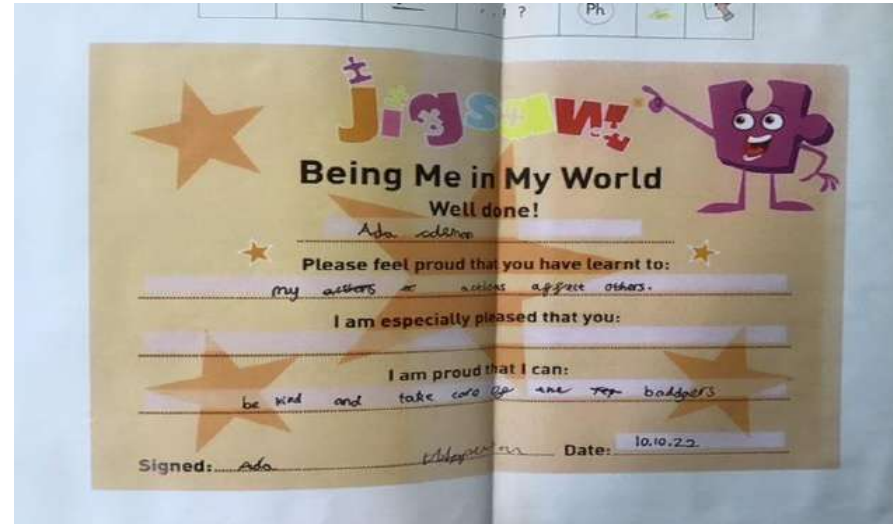
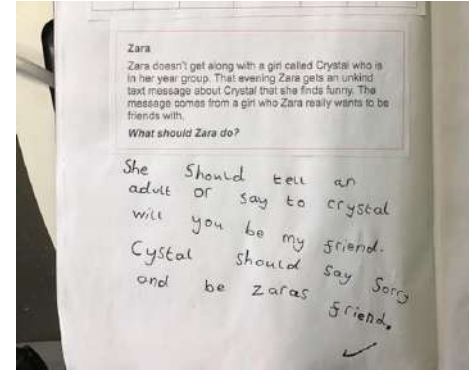
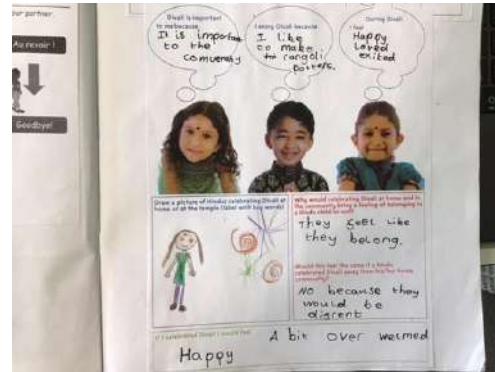
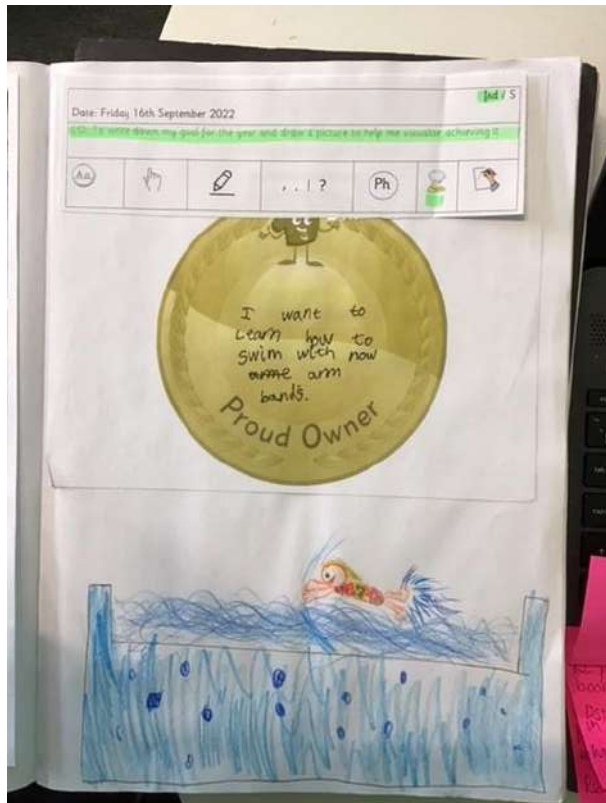


Learning helpful coping strategies when experiencing different feelings



Examples of our PSHE curriculum

KS2



Exploring 'being me in my world' and what makes us special and important.



Examples of Physical Literacy in our PSHCE Curriculum

Early Years



Being physically active in our outdoor area Adventure Island and understanding this is part of leading a healthy lifestyle



Playing turn taking games while developing our communication skills



Mindfulness meditation and yoga



Examples of Physical Literacy in our PSHCE curriculum

KS1 & 2



Having an awareness of global events by planting the national flower of Ukraine (sunflower) to show our support



Building trust and developing our communication skills through active learning



Practising yoga and mindfulness



Being physically active and keeping a healthy lifestyle





What do pupils say?

F

H, Reception –
“Every week we
change the
special person of
the week and you
say something
nice you like
about them”

R

D, Year 1 – “We do calm time
at the beginning of our Jigsaw
lessons and we take lots of deep
breaths. It helps you to feel
calm inside and ready to learn”

L

E, Year 3 – “We have been
learning about anti-bullying
and you know if someone is
a bully if they do something
unkind several times on
purpose. We made a poster
to ask everyone to be kind
as that’s our golden rule.

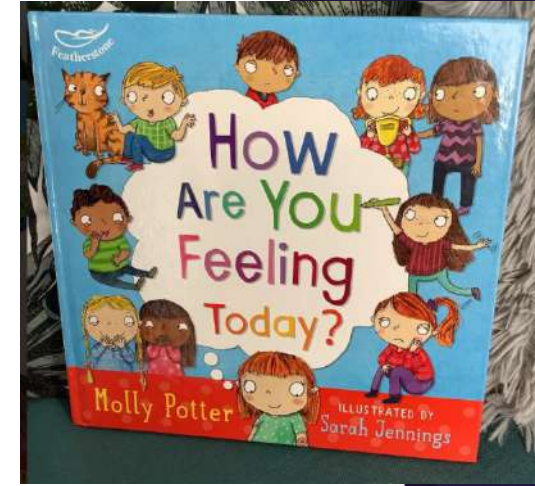
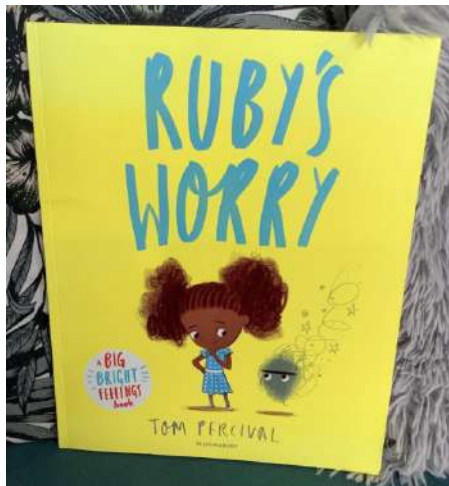
T

E, Year 1 –
“After lunchtime
we do massage
because it makes
your back feel
nice and helps
you feel relaxed”



How could I support my child at home?

- Login to Yoga Bugs using your personal login from school
- Read and share stories around emotions
- Teach and use calming strategies
- Have a calm box
- Encourage mindful colouring
- Cosmic kids



Useful websites and Apps:

