

## Personal, Social, Health and Economic Education at Killigrew Primary and Nursery School

Guidance from the Department for Education details the statutory requirement for schools in England to teach Relationships Education.

Relationships Education teaches children the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This statutory content sits within a wider programme of Personal, Social, Health and Economic Education (PSHE) which supports schools in helping to foster pupil wellbeing and develop resilience and character. Central to this is pupils' ability to believe that they can achieve goals, both academic and personal and to stick to tasks that will help them achieve those goals. This is complemented by development of personal attributes including kindness, integrity, generosity, and honesty.

To support our teaching of the PSHE curriculum in its entirety, we use the Jigsaw programme resources. These resources bring together the key parts of the national PSHE curriculum:

- PSHE Education
- Compulsory Relationships and Health Education
- Emotional literacy
- Mindfulness
- Social skills and spiritual development
- British Values.

Through our teaching, we ensure that children understand and value how they fit into and contribute to the world. We place a strong emphasis on building **emotional intelligence, resilience and nurturing mental and physical health**. We teach these skills and values through six themes that are carefully tracked to ensure that progress is evident as the children move up the school.

Embedded in our PSHE teaching is a commitment to enhancing and promoting our core Killigrew values and to supplement each theme, mindfulness rehearsal is taught every lesson. Mindfulness is the quality of being present and fully engaged in the moment whilst observing our thoughts and feelings. Thus, learning is enhanced as pupils' emotions and behaviours are self-regulated.

### Our six key themes

1. Being me in my world
2. Celebrating difference (including anti-bullying)
3. Dreams and goals
4. Healthy me
5. Relationships
6. Changing me (including Sex education)

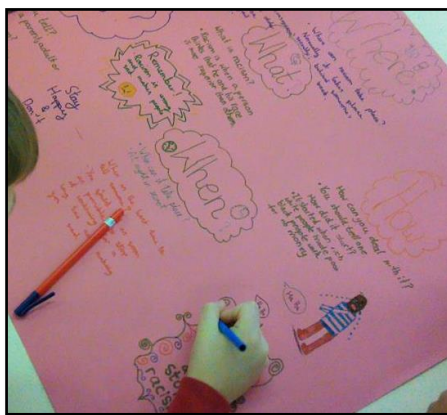
The focus on nurturing mental health and building emotional resilience has never been more important, so we continuously evaluate how comprehensively our PSHE planning offers guidance for teachers when tackling important issues linked to mental health. Through our mental health lead teacher, we can offer

continuous professional development to enhance our teachers understanding of how to support our pupils emotionally.

Through using a themed approach to teaching PSHE, we know our pupils develop the qualities and attributes needed to thrive as individuals, family members and members of society and the global community.

We teach PSHE once every week, working through six half-term units of work, each containing six lessons. Every lesson has two learning intentions, one specific PSHE objective and the other designed to improve social skills and emotional literacy. We launch every half term unit of work in a class assembly.

At times, visitors to the school talk to the children in assembly or work with them over the course of the day. This enhances our PSHE curriculum and the children's personal experiences.



*Red Card to Racism Whole School Workshop*

### **Impact**



*The Jigsaw PSHE Puzzle Characters*

We measure the impact of our PSHE teaching in different ways: we conduct personal development pupil voice to ascertain the children's thoughts and feelings on their mindfulness, emotional literacy, and their learning in PSHE. We also monitor the children's learning carefully to check progression as the children move through the school and we observe the teaching of PSHE, offering professional development opportunities if needed.