



St Jude's C of E Primary School's Subject Stories PSHE



Intent

At St Jude's we aim to embed our mindful, wellbeing-based approach to PSHE throughout our school. Our goal is for the learning that takes place within our PSHE sessions to transcend into our children's wider wellbeing, as well as their attitudes to themselves and the world around them.

We aim to teach for inclusivity and respect for difference, fostering a sense of inclusion within all of our sessions in a way that is meaningful and appropriate for our children. Our PSHE curriculum seeks to equip the children with the prerequisite skills to enable them to develop a capacity for resilience, as well as the necessary resources to facilitate the management of their own wellbeing.

Implementation

Our PSHE sessions are taught weekly by every class, as part of the 'Jigsaw' scheme of work. Every year group are being taught the same 'puzzle' of the Jigsaw at the same time, but in a session appropriate for the year group. This ensures continuity across the school, in a manner that allows pupils to develop upon their learning from previous years and make connections between the Jigsaw pieces.

Each Jigsaw session begins with an opportunity for mindfulness, normally conducted through a 'Calm Me' script, allowing pupils to develop a sense of which calming approach works best for them, both within the sessions and beyond. The Jigsaw planning covers a range of meaningful topics, from racial difference to navigating friendship turbulence. The wide breadth of topics allows for our pupils to explore in great depth potential issues that may come to, or are already, affecting them.

Our behaviour system fosters an inclusive and coherent approach, which has zero tolerance for any form of discrimination of any kind. This helps facilitate an inclusive environment whereby difference is welcome and all children feel accepted and appreciated. Additionally, we use positive reinforcement with all pupils, as this ensures pupils feel valued and their work respected. Our pupils are awarded with 'dojos' for different examples of good behaviour, and this is celebrated weekly in whole-school assemblies alongside other, more individual pupil achievements.

Impact

If you were to walk into PSHE lessons at St Jude's, you would see:

- **Continuity of learning between year groups** – each class will be exploring the same 'piece' of the jigsaw at the same time, in a way that is appropriate for their year group. This encourages connections to be made for the children between their previous and current learning.
- **Opportunities for mindfulness** – every session begins with an opportunity for the children to practice mindfulness, so that they continue the session feeling calm and prepared. This may vary between year groups, but tends to consist of a breathing activity or a mindfulness script. The mindfulness opportunities also help to provide the children with their own strategies for managing their wellbeing.
- **The use of vocabulary surrounding wellbeing and social and mental health** – Children are able to use vocabulary independently during their lessons and around the school that promotes and develops their understanding of wellbeing and facilitates the normality of its usage.



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Successes in 2019-2020

- ☺ Celebration of Children's Mental Health week, which involved various activities such as mindfulness and opportunities for artwork
- ☺ Establishment of Mental Health Ambassadors – four children in year six are now our Mental Health Ambassadors, after applying through our leadership role application process. They have since created a mental health display board and have conducted an assembly on their role for the wider school.
- ☺ Relaunch of the Jigsaw scheme of work for teachers to ensure that there is continuity between lessons for the pupils and staff
- ☺ Monitoring of remote learning provision for PSHE

Priorities for 2020 - 2021

- 🎯 RSE policy to be circulated around staff and the school community in order to fully launch the RSE curriculum in the summer of 2021
- 🎯 Whole staff CPD on the new curriculum, outlining the difference between relationships and sex education and where parents will have the right to withdraw their children
- 🎯 Ensure our curriculum continues to strive to be inclusive, diverse and representative of our pupil body