



CARE-ASPIRE-RESPECT-EXCEL

RSHE

at

Winscombe Primary School



RSHE at Winscombe

At Winscombe Primary School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity. The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

Jigsaw also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Jigsaw brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all classes working on the same theme (Puzzle) at the same time at their own level. There are six Puzzles (half-term units of work) and each class is taught one lesson per week. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

Term 1 – Being Me in My World

Term 2 – Celebrating Difference

Term 3 – Dreams and Goals

Term 4 – Healthy Me

Term 5 – Relationships

Term 6 – Changing Me

What RSHE looks like at Winscombe

Designed as a whole school approach, Jigsaw establishes consistency that gives all teachers confidence to deliver high quality lessons. Not only does Jigsaw meet all statutory RSHE requirements, but it also elevates educational outcomes together with mental health and safeguarding. Jigsaw nurtures children to be confident and successful, increasing their capacity to learn and preparing them for the challenges of the modern world. Developed by teachers and well – being experts, Jigsaw provides children with opportunities to develop their emotional intelligence and life skills.

The children at Winscombe Primary School receive a Jigsaw lesson each week and a whole school assembly to start a new topic and term.

The Jigsaw curriculum provides a framework for taught PSHE sessions that are on a common differentiated theme throughout the school. Each half term a new “puzzle” is explored at the same time in each class. Each Puzzle starts with an introductory assembly, generating a whole school focus for adults and children alike. A Jigsaw charter is followed which clearly defines the rights and responsibilities of the children during Jigsaw lessons and helps to promote an open and safe environment for learning and reflection. Puzzle themes are repeated each year building on previous knowledge and ensuring topics are age appropriate. This allows a revision of previous learning before moving on.



How we teach RSHE

At Winscombe Primary School we allocate specific lesson time each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes ensuring they follow each puzzle piece that is age appropriate.

RSHE in Early Years

Mindfulness practice in every lesson empowers our Early Years children to be aware of their thoughts and feelings as they arise, consciously making decisions about the ensuing actions and responses, thus enabling them to grow in self-regulation and support their own well-being to become confident and aspiring adults of the future, ready to challenge anything which may prevent them from achieving. Our Jigsaw programme supports the Early Years curriculum in many areas but specifically in Personal, Social and Emotional Development.

RSHE in Key Stage One

Using the Jigsaw Programme for the PSHE/RSE scheme, the curriculum is clearly mapped across the year. All year groups use the overview to ensure consistency and progress across the school. Jigsaw nurtures children to be confident and successful, increasing their capacity to learn and preparing them for the challenges of the modern world.



RSHE in Key Stage Two

In Key Stage 2, teachers continue to follow each puzzle piece of the Jigsaw programme. This ensures all previous learning is being revised and built upon. Children are given time to reflect on what is being discussed in each of the lessons and a safe environment is created at the beginning of each session.

How we make RSHE exciting and motivating for our children

At Winscombe, each of our classes use their 'Jigsaw Friends' to engage and captivate the children. The Jigsaw Friends gives the children a sense of comfort and focus on the topic being discussed.

We participate in many charity events throughout the year and celebrate raising money and awareness for others. The children are encouraged to get involved and to help others. The children show great resilience in these events.

Off site visits and visitors to the school provide stimulating experiences for our children and a chance to build social skills and gain confidence as well as providing glimpses into other people's lives. Extra-curricular clubs give children a chance to form friendships with children in other classes and make relationships with different members of staff.

Children are given different responsibilities and a voice within the school through the School Council who take on various roles and liaise between the children and the staff. Our Year 6 children have the opportunity to be a Crew Captain and our buddies are excellent role models to the children in the school. Our children also love our reading buddy system as they get to know children in another school year to themselves.

How we assess RSHE

Teachers use formative assessment to help inform of any changes that may need to occur in each lesson. Teachers use these assessments to help plan any adjustments that need to be made in future lessons. If a child needs more specific support in an area then this will get passed onto our ELSA team and support will be given according to that child's needs. Children in Key Stage 2 will start to assess their own learning in the reflection time at the end of the lesson.



How we help children who find RSHE difficult

At Winscombe Primary School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

In each Jigsaw lesson every teacher ensures they have created a safe environment for children to share their thoughts and feelings. Children do not have to talk if they do not wish and those that need support are supported by additional staff.

How parents and carers can help

A child's life outside of school can have a huge impact on their ability to thrive and learn in school. As parents and carers, you are in the best position to support your children's personal, social and emotional health.

As parents we are also well aware that sometimes life is challenging and does not go the way we wanted or anticipated it might. Our children

come to us with questions such as “Why me?” or “Why did they do that?” or statements such as “that’s not fair!” These moments are opportunities to help your child reflect and learn. Take time to talk to your child about what led to the situation and the part they may have played in it. Show them that they have a voice and have choices even when others don’t behave in the way they wanted them to.

Be involved in all aspects of their life, in reality and online. This will allow you to find openings to discuss thoughts and feelings. Share your interests. Model how you make decisions and what you do if you are finding things challenging. Children learn far more by watching what we do rather than hearing what we say!

How we celebrate RSHE

At Winscombe we recognise the importance of celebrating the successes of children and their learning in personal, social and emotional development. In class, our displays enable celebration of the work undertaken by our children. Children are presented with our Learning Power certificates when they show different attributes towards their learning which is then shared with parents.