

Subject:	Personal Social Mental Health Education (PSHME),
Intent	At West Leigh Infants School, we are committed to supporting children to give them the best start they can have. We achieve this by laying down the foundations of self-worth, emotional and mental health which are key ingredients for learning and life. We aim to deliver high quality Personal, Social and Health Education through a developmental and progressive curriculum. We follow the Jigsaw scheme of work which has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Jigsaw lessons also include mindfulness thereby allowing children to advance their emotional awareness, concentration and focus.
Implementation	<p>At West Leigh, PSHE is taught weekly in our class groups and uses the mindful approach to PSHE promoted through the Jigsaw scheme of work. Jigsaw offers a comprehensive Programme for Primary level PSHE including statutory Relationships and Health Education in accordance with National Curriculum requirements. This is undertaken in a spiral, progressive and fully planned scheme of work. This gives children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.</p> <p>Jigsaw consists of six half-term units of work (Puzzles), each containing six lessons (Pieces) covering each academic year.</p> <ul style="list-style-type: none"> ▪ Term 1: Being Me in My World ▪ Term 2: Celebrating Difference (including anti-bullying) ▪ Term 3: Dreams and Goals ▪ Term 4: Healthy Me ▪ Term 5: Relationships ▪ Term 6: Changing Me (including Sex Education) <p>Every Piece has two Learning Intentions, one specific to Relationships and Health Education and the other relating to emotional development and social skills. The various teaching and learning activities are engaging and mindful of different learning styles and the need for differentiation. The Early Years (EYFS) planning is aligned to the National Early Years Framework (England).</p> <p>A Charter which encourages positive behaviour and respect is the basis for each lesson. The pupils' work is displayed in a 'Big Book' of work for each class. As we continue to use Jigsaw, we will also look into adopting the whole-school opportunities that the Jigsaw programme offers e.g., assemblies, end-of-Puzzle displays, weekly celebrations, music and songs. This reinforces the curriculum work and enhances the positive ethos of the whole school community while also supporting our school values.</p>
Impact	PSHE aims to help our children understand how they are developing personally and socially. It tackles many of the moral, social and cultural issues that are part of the changing world around us. Keeping children safe both online and offline are essential requirements. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We aim to start them on the journey towards becoming informed, active and responsible adults. Assessment in the Jigsaw scheme is both formative and summative. Activities are included in each lesson to give the pupils the opportunities to self-assess, reflect and identify areas for self-improvement. Through modelling and discussion, pupils will start to build an understanding of what it takes to lead confident and healthy lives.