



How is PSHE & RSHE taught at New Siblands School?

A Guide for Parents and Carers



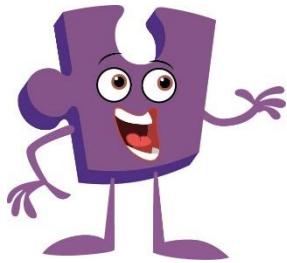
As a school, we follow a nationally recognised PSHE (Personal, Social, Health & Emotional) programme called 'Jigsaw' – A mindful approach to teaching PSHE.

During terms 5 & 6, we will be covering the topics of 'Relationships' and 'Changing me'.

Our PSHE curriculum cover all areas of PSHE, including statutory Relationships, Sex and Health Education, and also has a strong focus on mental health and emotional wellbeing.

The mention of 'Sex Education' can sometimes create unnecessary anxiety for parents and carers and we want to reassure you that the focus of RSHE is broader than you might think.

We believe that this work is vital to support children's development and to underpin their understanding of themselves as they grow and change, and we know that this is most effective when parents/carers and schools work in partnership. We ultimately want all of our children to be safe, healthy and happy.



What is PSHE Education?

PSHE stands for Personal, Social, Health and Economic Education. It is a planned programmed of learning through which children and young people acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future.

As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

What is RSHE Education?

RSHE stands for Relationships, Sex and Health Education.

At New Siblands School, we refer to this as Relationship and Personal Development Education. Please see our Relationship and Personal Development Education Policy on our website.

Relationship and Personal Development Education is referenced to the lifelong learning about physical, emotional and moral development. It is about the understanding and the importance of relationships, it is not about the promotion of sexual activity. Three key aspects include attitudes and values, personal and social skills, knowledge and understanding.

Relationship Education is essential for all pupils; personal development is also important and targeted at pupils in relation to needs and maturity. However, the emphasis is placed on the importance of relationships.

Although lessons and interventions relating to relationships and personal development are planned and taught in various ways throughout the academic year, pupils at New Siblands school will specifically explore and develop their understanding of friendships, families and other relationships, conflict resolution and communication skills. In some classes, pupils will also cover areas such as bereavement and loss and how to cope positively with change.

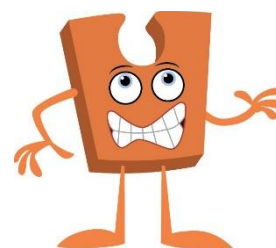
What do schools have to teach in PSHE and RSHE Education?

According to the National Curriculum, every school needs to have a broad and balanced curriculum that:

- promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school;
- prepares pupils at the school for the opportunities, responsibilities and experience of later life;
- promotes British values.

Since September 2020, primary schools in England have been required to teach Relationships and Health Education as compulsory subjects and the Department for Education strongly recommends this should also include age-appropriate Sex Education (RSHE)

Schools also have statutory responsibilities to safeguard their pupils.



Can my child be withdrawn from RSHE lessons?

All schools have a statutory duty to teach pupils the aspects of Relationship Education and Health Education and pupils cannot be withdrawn from these lessons.

In some classes, we will be teaching aspects of Sex Education as part of the 'Changing Me' unit to suitable pupils, with the very careful consideration of age, cognitive and physical development and emotional maturity. Parents and carers have the right to request that their child can be withdrawn from some or all of Sex Education delivered as part of statutory RSE.

Please be aware that class teachers will directly inform parents/carers if they plan to teach specific aspects of RSE during Term 5 or 6.

If you feel you would like to withdraw your child from certain or all Sex Education sessions, please contact the Head Teacher, Karl Hemmings, to discuss further.



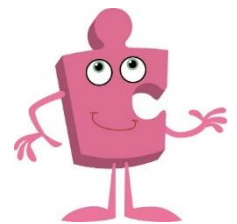
New Siblands School is a proud member of the Jigsaw PSHE programme, further allowing us to provide a consistent and comprehensive, yet mindful approach to the teaching and learning of PSHE and RSHE across both sites.

What is Jigsaw and how does it work?

Jigsaw is a whole school approach and embodies a positive philosophy and creative teaching and learning activities to nurture children’s development as compassionate and well-rounded human beings, as well as building their capacity to learn.

Jigsaw is a comprehensive PSHE education programme and brings together 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 (1 puzzle per term). All lessons are delivered with the careful consideration of age, cognitive and physical development and emotional maturity, enabling teacher’s to meet each child’s individual needs.



What will Jigsaw teach my child?

The overview below summarises the content in each of Jigsaw’s units of work (the puzzles).

Please be aware that not all topics will be taught to all pupils and will only be taught where teachers have made professional judgements on appropriateness. At no point will a child be taught something inappropriate.

Term 1 – Being Me in My World

This puzzle covers a wide range of topics, including a sense of belonging, welcoming others, and being part of a school community, a wider community, and a global community; it also looks at children’s rights and responsibilities, working and socialising with others, and pupil voice.

Term 2 – Celebrating Difference

This puzzle focuses on similarities and differences and teaches pupils about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone’s right to ‘difference’, and some classes will also explore the concept of ‘normality’.

Anti-bullying, including cyber and homophobic bullying is also an important aspect of this puzzle.

Term 3 – Dreams and Goals

This puzzle helps children to think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. Children also learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.

Term 4 – Healthy Me

This puzzle covers 2 main areas of health:

Emotional/Mental Health – Relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress.

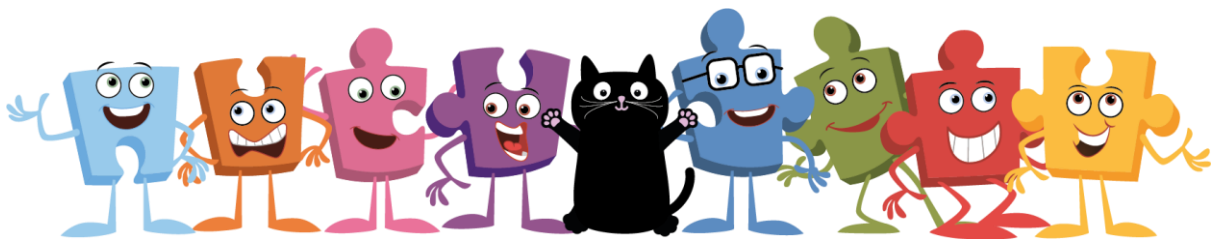
Physical Health – eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe and first aid.
The majority of the statutory content for Health Education (DfE) is contained within this puzzle.

Term 5 – Relationships

This puzzle starts with building a respectful relationship with self and covers topics such as: Families, friendships, pets and animals, and love and loss.
A vital part of this puzzle is about safeguarding and keeping children safe; this links to online safety and social networking.
Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. Pupils will explore roles and responsibilities in families and friendship groups and consider stereotypes.

Term 6 – Changing Me

This puzzle explores change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding.
Each year group thinks about looking ahead, changing classrooms (including changing peers and staff) and how to cope positively with such changes.
Life cycles and human reproduction are taught in some older classes, depending on age, physical and cognitive development.



How can I find out more information about the Jigsaw PSHE programme being used at New Siblands School?

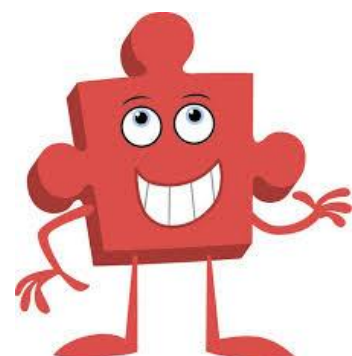
The best thing to do is to discuss further with your child/children’s teachers.

Alternatively, you can speak with our Pupils’ Mental Health and Wellbeing Lead, Krissy Emery, who is responsible for leading PSHE and RSHE across the school.

Parents and carers are also very welcome to contact Karl Hemmings, Head Teacher.

More information can also be found here:

www.jigsawpshe.com



Your voice matters



At New Siblands School, we believe that engagement with parents and carers is a crucial step in further developing a broad, balanced, relevant and flexible curriculum. This includes building on an already effective programme for the teaching of Relationships and Sex Education.

With this in mind, over the next couple of terms, we will be providing an opportunity, via an online survey, to voice your views and suggestions in relation to how Relationships and Sex Education will be taught during the next academic year at our school.

This will also provide you with an opportunity to share any questions or concerns you may have.