

Intent

Here at The Horsell Village School Personal, Social and Health Education (PSHE) and Relationships, Sex Education (RSE) is at the heart of our curriculum. It enables our children to become healthy, independent and responsible members of society- providing them with lifelong transferable skills.

The core skills we focus on are:-

- Self-awareness
- Self- management
- Social awareness
- Relationship skills
- Responsible decision making.

Our curriculum is designed to:

- Support our pupils in the development of their emotional literacy skills and social skills, to be aware of their own thoughts and feelings as they happen and to develop a range of strategies to help them manage them.
- Mindfulness- tools for life, regulating emotions, building emotional resilience's whilst enhancing their ability to concentrate and focus.
- Celebrate differences, develop mutual respect and acceptance.
- Develop the knowledge, skills and attributes needed to manage opportunities, challenges and responsibilities they face as they grow up – developing transferrable skills.
- Develop an understanding of how to stay safe, healthy, develop self-esteem, resilience and empathy.
- Support in the removal of barriers to learning and to raise aspirations.
- Develop an understanding of what a positive, healthy, caring relationship looks and feels like, how to make and maintain a positive relationship and how to speak up and get help when a relationship doesn't feel healthy / positive or safe- including internet safety and online relationships.

Implementation

At The Horsell Village School we use a whole school approach- Jigsaw scheme of work as well as interweaving the core skills through all areas of the curriculum through our teaching and learning approach of the 'The Learning Cycle' and our behaviour and well- being approach of 'The Learning tree'

Jigsaw is a scheme which is designed as a whole school approach, with all year groups working on the same theme (puzzle) at the same time to allow for continuity.

Jigsaw is organised into 6 puzzles that are designed to progress in sequence throughout the course of the year, each puzzle has 6 pieces (lessons) which work towards creating an end product.

Here at The Horsell Village School Relationships and Sex Education is integrated into the Jigsaw Scheme of work as well as being a topic in the Science Curriculum.

The 6 Jigsaw puzzles are:

Autumn 1: Being Me in My World

Autumn 2: Celebrating Difference (including anti-bullying)

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me – including Sex Education.

Each class has a set PSHE lesson per week. The flexibility and cross curricular, transferable skills within the approach enables teachers to also identify parts in other lessons where mindfulness approaches and discussions can be optimized.

Each lesson will contain discussion points that relate to and support in the development of

- Personal, Social and Health Education
- Emotional Literacy
- Social Skills
- Spiritual Awareness
- British values- Democracy, Rule of Law, Individual Liberty, Mutual Respect and acceptance of those of different faiths and beliefs.

Each lesson follows the same structure and supports in the development of:

- Connect us- builds and develop social skills, positive relationships and collaborative learning.
- Calm Me- act of mindfulness- to support in controlling thoughts and emotions to a place of optimum learning.
- Open my mind- development of concentration for learning.
- Tell me or show me- introduction of new information, skills and concepts.
- Help me reflect- Consolidate of learning points and awareness of feelings and emotions associated with it.
- Closure-

Teachers deliver the PSHE curriculum in away that allows children to explore varying viewpoints but ensuing that materials and information is unbiased and impartial.

Learning Cycle

The Learning Cycle is a whole school approach to teaching and learning which has been devised in order to enable children to take an increased ownership of their learning and be able to express their desires. This approach is intertwined with growth mindset and what skills and behaviours are needed to be an effective learner- a life long skill. Here at The Horsell Village School we explicitly teach and model the behaviour and growth mindset associated with the characteristics of an effective learner. These are referred to throughout every lesson and form the basis of our behaviour and well -being approach. These form part of the essential lifelong learning skills we want our children to be able to do before they leave The Horsell Village School.

Learning Tree

The Learning Tree is a whole school approach based around behaviours for learning as well as self-regulation and being ready to learn. This approach enables children to identify when they are ready to learn or provide them with a focused opportunity to self -regulate in order for them to be ready to learn or to regain or remain focused for effective learning. Children identify when they have been successful in their own learning through displaying characteristics of an effective learner. This supports in the development of self affirmation as well as public praise. Throughout this process staff use emotion coaching to expand children's emotional vocabulary and support them to express their emotions and to identify a strategy to support with self-regulation.

In addition to our Jigsaw lessons, Learning Cycle and Learning Tree we:

- Teach and model our school motto 'Kindness to yourself, Kindness to others and Kindness to the World.
- Teach and model our school values – Respect, Co-operation, Honesty, Responsibility and Appreciation.
- Have a trained school ELSA- Emotional Literacy Support Assistant providing 1:1 support through individualised designed program depending on the child's needs.
- Explicitly teach self-regulation calming strategies and positive self-talk to enable children to deal with intense emotions.

- Explicit teach and model a range of emotions through zones of regulation and teach and model a range of regulation strategies that enables each child to build their own personalised tool kit.
- Provide opportunities for children to learn about their rights and responsibilities and what it means to be a member of a diverse society.
- Support and encourage all children to play a positive role in the school community, contributing through