



## **Personal Social and Health Education (PSHE)**

In PSHE our aim is to develop children's understanding of emotions, help the children across the school to value themselves and the people around them, make their own decisions and understand consequences.

Our approach is integrally linked to our Rights Respecting approach as a school and lessons link to the relevant children's rights from the UN Convention on the rights of the Child (UNCRC).

PSHE sessions are not directly linked to the half-termly topic although teachers are encouraged to make connections wherever possible.

For Key Stages 1 & 2 Chisenhale has a subscription to Jigsaw <https://jigsawpshe.com/primary-pshe-england>, a programme used by around 7000 schools in the UK which provides structured lesson plans and supplementary resources.

EYFS (nursery and reception classes) use the Think Equal Programme, which was piloted in Sun Class (nursery) in 2022/23 <https://thinkequal.org/> and is designed especially for ages 3-6.

Both programmes focus on children building better relationships, building and maintaining their mental health and preparing them for successful learning.

The activities encourage children to think critically, make discoveries, find many possible answers, express their opinions confidently and share their personal experiences and knowledge of the wider world to make connections and deepen their understanding of concepts.

Lessons include enriching experiences for children and opportunities to use a wide range of resources. These include trips and virtual trips, e.g. Mosque, Church etc., audio tours, visitors and cross-curricular opportunities – Art/Design & Technology, Guided Reading, English etc.

The sessions covered in PSHE aim to support children through their school experience, including discussion of rights, conflict resolution and behaviour management.