



The mindful approach to PSHE

PSHE at Mayfield



# What is PSHE?

PSHE stands for Personal, Social and Health Education

It is defined by the schools inspectorate Ofsted as a planned programme to help children and young people develop fully as individuals and as members of families and social and economic communities.

Its goal is to equip young people with the knowledge, understanding, attitudes and practical skills to live healthily, safely, productively and responsibly.



Since September, all primary classes have been following a popular, comprehensive and highly commended scheme called Jigsaw.



# How is Jigsaw PSHE delivered?

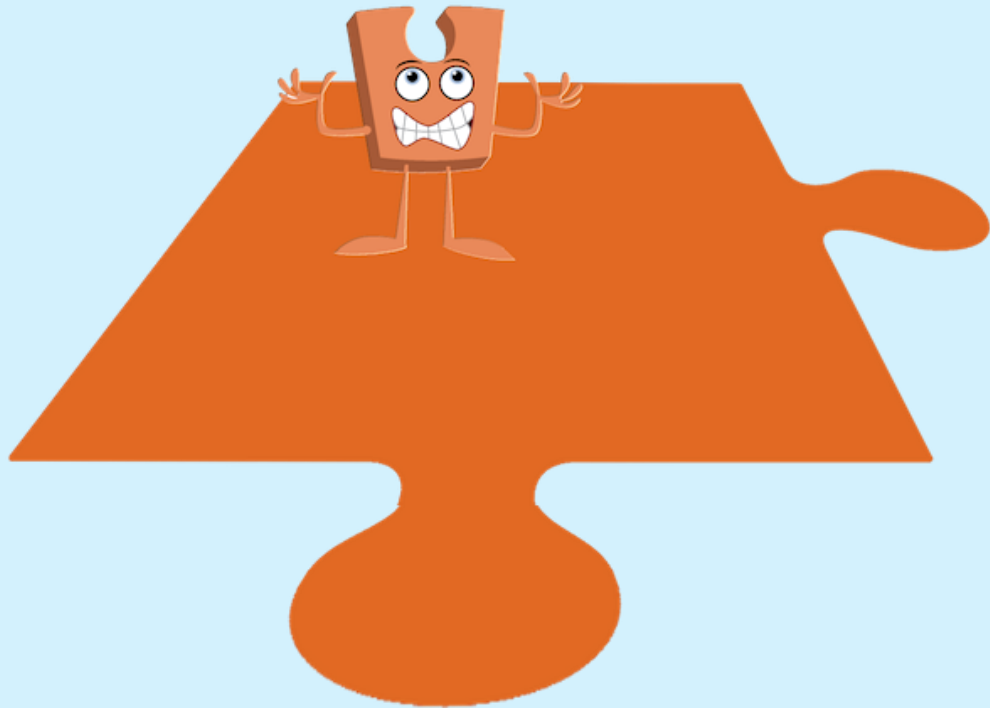
There are six Puzzles (half-term units of work) each with six Pieces (lessons).

Every year group studies the same Puzzle at the same time (sequentially ordered from September to July), allowing for whole school themes and the end of Puzzle product, for example, a display or exhibition (like the Garden of Dreams and Goals) to be shared and celebrated by the whole school.

Each year group is taught one lesson per week (on a Friday afternoon) and all lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.



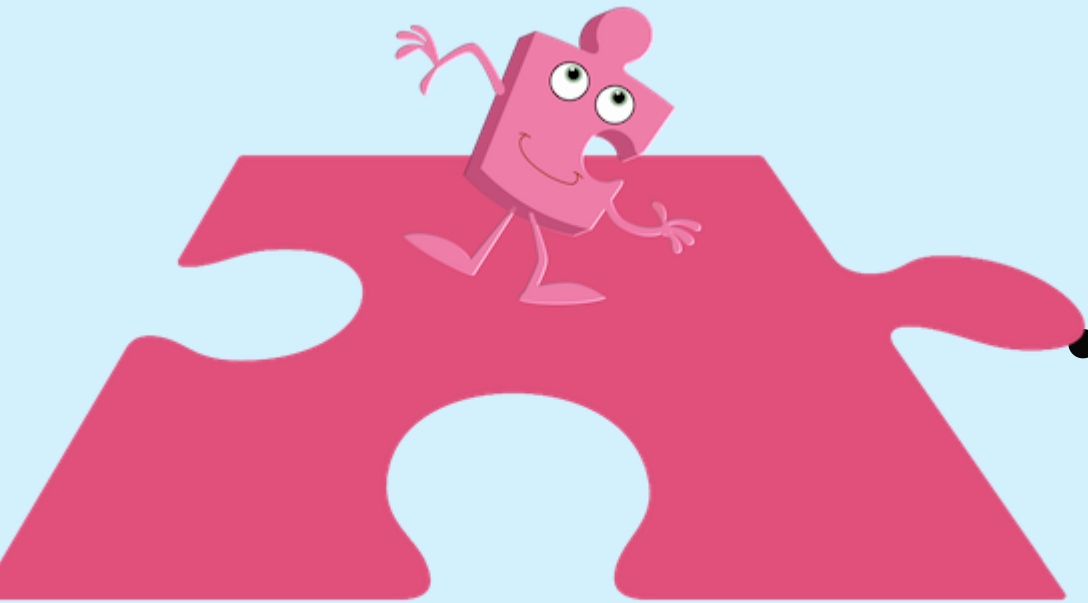
# Piece 1 – Being Me In My World



- This piece covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, (which is why it is done at the start of the academic year) a wider community, and a global community.
- It also looks at children's rights and responsibilities, working and socialising with others, and pupil voice – where we choose our school council members.



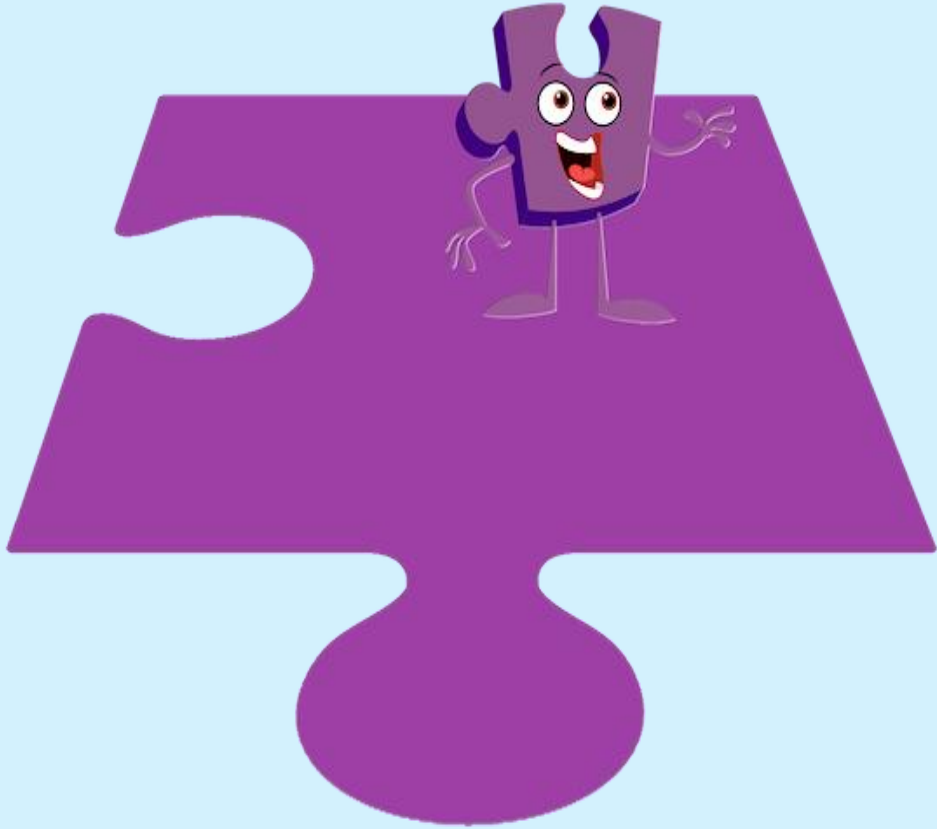
# Piece 2 – Celebrating Difference



- This piece focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict.
- Children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normal'; bullying – what it is and what it isn't, including cyber and homophobic bullying – is an important aspect of this Puzzle.



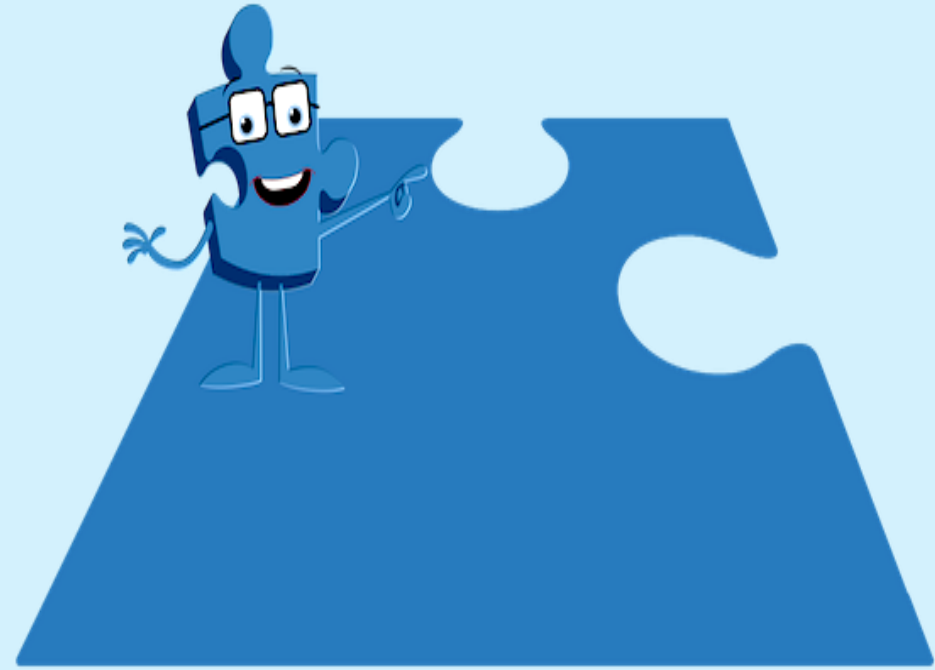
# Piece 3 – Dreams and Goals



- This piece aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks.
- There is also a focus on enterprise and fundraising. Children 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 the world.



# Piece 4- Healthy Me

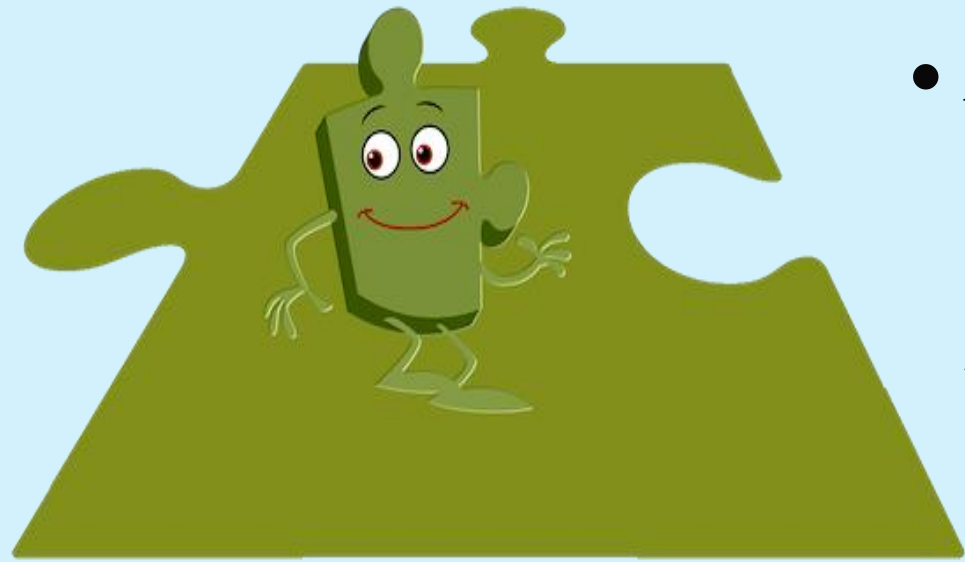


- This piece covers two main areas of health:
- Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress)
- Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.





# Piece 5– Relationships

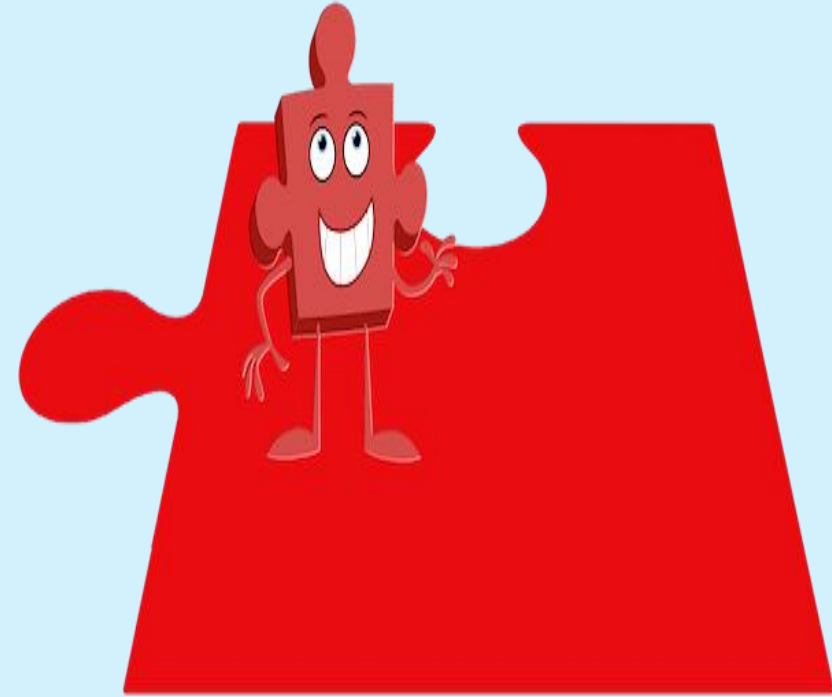


- This piece has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss.
- A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem.

They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.



# Piece 6– Changing Me



- This piece deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore.
- Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs.
- All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.



# Finding Out More

The Jigsaw website has an area dedicated to families and carers. There are two useful documents which will break down the yearly coverage into more detail.

<https://www.jigsawpshe.com/information-for-parents-and-carers/>

