



What is PSHE Education?

PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to 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 do Schools have to teach in PSHE Education?

The latest guidance from the government, via the National Curriculum states every school needs to have a broad and balanced curriculum that promotes the spiritual, moral, cultural, mental and physical development of pupils at school and of society. It prepares pupils at school for the opportunities, responsibilities and experiences of later life, and promotes British Values.

At Rushey Green, we follow a whole school PSHE scheme called Jigsaw. Jigsaw combines PSHE, emotional literacy, mindfulness, social skills and spiritual development. Each year, children will solve 6 puzzles, one per half-term.

The Puzzles and what Children learn.	
Being Me In My World: Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established	Autumn 1
Celebrating Difference: Includes anti-bullying (cyber and homophobic bullying included) and understanding	Autumn 2
Dreams and Goals: Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society	Spring 1
Healthy Me: Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise	Spring 2
Relationships: Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss	Summer 1
Changing Me: Includes Relationships and Sex Education in the context of coping positively with change	Summer 2

We also encourage children to follow the 'Jigsaw Charter'

- We take turns to speak.
- We listen to each other.
- We only use names when giving compliments or when being positive.
- We respect each other's privacy (confidentiality).
- We use kind and positive words.
- We have the right to pass.

Relationships & Sex Education (RSE)

There are four main aims of teaching RSE:

- To enable children to understand and respect their body
- To help children develop positive and healthy relationships appropriate to their age and development
- To support children to have positive self-esteem and body image
- To empower them to be safe and safeguarded.

Each year group will be taught appropriate to their age and developmental stage. At no point will a child be taught something that is inappropriate.

'Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education'. DFE Guidance p.17. At Rushey Green Primary school, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e, the **Jigsaw Changing Me Puzzle**; these include:

Year 4	Lesson 2 (Having a baby)
Year 5	Lesson 4 (Conception)
Year 6	Lesson 3 (Conception birth)

The Changing Me Puzzle is taught in the Summer Term. Parents will be reminded on the Newsletter before the lessons are taught. Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and a meeting will be arranged with a member of the Senior Leadership Team. Alternative work will be given to pupils who are withdrawn from sex education and that child will go to another class for the duration of the lesson. Below is a summary of RSE coverage within the Jigsaw scheme for each year group:

EYFS: Growing up: how we have changed since we were babies
Year 1: Boys' and girls' bodies; naming body parts
Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
Year 3: How babies grow and how boys' and girls' bodies change as they grow older
Year 4: Internal/external reproductive body parts, body changes, girls menstruation
Year 5 : Puberty for boys and girls, and conception
Year 6 : Puberty for boys and girls and understanding conception to birth of a baby

Further information about how the school approaches the teaching of Relationships and Sex Education through the Jigsaw programme can be found within the document listed:

Rushey Green PSHE RSE Policy 2020-2022