**Intent**

At Bishop Lonsdale the PSHE (Personal, Social, Health and Economic) curriculum plays a crucial role in shaping well-rounded, confident, and responsible individuals. By focusing on mental well-being, healthy relationships, and personal safety, equipping the children with essential life skills that support them in both their personal and academic journeys.

The Jigsaw programme provides a structured approach to this learning, offering consistency from Nursery to Year 6, helping children build resilience and develop a sense of responsibility. Encouraging active participation in both local and global communities reinforces the idea that every individual can make a difference.

Throughout the programme of study:

* The inclusion of British values fosters a strong sense of identity and respect within a diverse society, ensuring the children understand the principles of democracy, tolerance, and individual liberty.
* The statutory Relationship and Health Education outcomes are covered following our RHE Policy that is reviewed annually.
* The Protective Characteristics (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation) are addressed where appropriate, using age related contents
* Links are made to the UN Convention on the Rights of the Child

In Nursery and Reception, the Jigsaw programme of study mainly covers aspects of Personal, Social and Emotional development, Communication and Language and the Understanding the World areas of learning in Development Matters.

**Implementation**

In each year group the Jigsaw programme of study is split into 6 puzzle pieces (units of work)

**Autumn 1 – Being Me in My World** **-** Includes understanding my own identity and how I fit well in the class, school and global community.

During Autumn 1 we hold our Diversity Week following a three-year cycle.

**Autumn 2 – Celebrating Differences** **-**

During Autumn 2 we also participate in Anti-bullying Week.

**Spring 1 – Dreams and Goals** **-** Includes goal-setting, aspirations, who do I want to become and what would I like to do for work.

During Spring 1 we also participate in Children’s Mental Health Week.

**Spring 2 – Healthy Me** **-** Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise.

**Summer 1 - Relationships** **-** Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss.

**Summer 2 – Changing Me –** Includescoping positively with change, puberty and the menstruation cycle (in Year 4), body image, self-image, self-esteem. responsibilities and rights.

At Bishop Lonsdale we allocate 1 lesson (1 hour) per week to PSHE. Children with additional needs are supported during PSHE in a range of ways including adult/small group support and by the scaffolding of tasks.

**Each lesson is broken down into 6 areas:**

**Connect Us** - This is a game or activity designed to be fun and inclusive and to develop social skills.

**Calm Me** – An opportunity for the children to learn to relax and quieten their thoughts and emotions so they are ready to learn.

**Open my Mind** – Getting the children to think about and ask questions about the main topic that lesson.

**Tell Me or Show Me** - Introduce new information, concepts and skills, using a range of teaching approaches and activities.

**Let Me Learn** – Apply their new learning to their lives or the lives of others.

**Help Me Reflect** – Reflect on their learning.

The children are also given the opportunity to apply what they have learnt to their own lives at school through the roles of School and Class Council Representatives, Sports Council Leaders, Eco Council Representatives, Attendance Ambassadors, Emotional Well-being Ambassadors, Bishop Buddies, Reading Ambassadors, Librarians and Mini-Leaders.

Additional Emotional Well-being support is also offered through Wild Minds, Elsa (Emotional Literacy Support Assistant) support, use of the Zen Den at lunch time, friendship groups, through individual Emotional Well-being Plans, Early Help and outside agency support.

**Impact**

The skills learnt in PSHE can be implemented and used in all aspects of the children’s lives and in all areas of the curriculum. Helping them to face challenges and cope with change in a safe and supportive environment. Allowing them to grow as individuals, teaching them the skills needed to become:

**Independent, Successful, Honest, Open-Minded Global Citizens.**