PSHE on a page

Intent

PSHE is at the heart of all areas of the curriculum so that children develop the knowledge, skills and attributes necessary to function and contribute as healthy and happy members of their community. Children will develop responsible decision-making skills, respect for self and others, regulation of their emotions and critical resilience skills for life's challenges. They will learn to understand and appreciate relationships with their peers and the wider community as well as developing an understanding of their own body as they grow and develop.

Mental Health and emotional well-being: all Jigsaw lessons include mindfulness sessions, where the children are encouraged to reflect on their own thoughts, learning to 'be in the present'. Throughout all the units, children are taught to recognise and challenge beliefs about themselves. In identifying these, children will be able to find strategies to deal with beliefs which are unhelpful. Children will be given language and tools to be able to discuss mental health at an age-appropriate level.

Self-awareness: Understanding similarities and differences within and between people is an essential part of developing respect and tolerance within a multi-cultural community. Jigsaw teaches children to look at their small school community and then move out to an increasingly wider world view by the top of Key Stage 2. There are opportunities to celebrate their own talents as well as recognising those of other children.

Relationships: throughout all aspects of life, successful relationships are the key to happy living. Mandeville believe it important for children to develop, learn about and learn from healthy relationships with other children and also adults both in the real world, and online.

Healthy living: Children need to be able to make choices about the best way to treat their body and will therefore be given opportunities to learn about food as well as drug and alcohol education.

Implementation:
Children from Y1 to Y6 follow the Jigsaw scheme which is divided into 6 topics. Jigsaw lessons follow the structure below. All aspects of this curriculum involve the use of oracy skills which allow children to communicate emotional understanding with each other.
Connect us - engenders positive relationships and enhances collaborative learning.
Calm me – children are taught to calm and quieten their thoughts and emotions to a place of optimum learning capacity, as it is an invaluable life skill which also enhances reflection and spiritual development.
Open my mind – focus on the most important aspect of the learning.
Tell me or show me - introduce new information, concepts and skills, using a range of teaching approaches and activities.
Let me learn – children are given activities etc to practise the new learning.
Help me reflect –regularly throughout the lesson.
Closure – key learning points are reviewed.

As well as the core curriculum which is taught through Jigsaw, the key intent is also delivered implicitly across all curriculums. Mandeville staff feel it is essential that for the curriculum to be adaptive and responsive in order to meet each child's needs. The whole school currently follows a half-termly theme which is developed initially through the Monday whole school assembly and then further developed implicitly through all learning. The themes are as follows:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Resilience	Community	Pride	Being positive	Collaboration	Knowing myself

In addition to the core curriculum work, children are also given further opportunities to develop the key skills.

- In Year 6, children complete the Penn Resilience Programme and also Breathe.
- Small groups of children across the school visit Grace Muriel house (the local aged care home)
- In Year 1, children participate in Woodlands group.
- In KS1, small groups of children are able to participate in a Nurture group

In Foundation stage, children work towards the Early Learning Goals.

Year group	*PSHE Trips*
Year 1	*Woodlands sessions*
Year 2	*Beach trip*
Year 3	*River Ver walk*
Year 4	*Team building at Ivinghoe Beacon* *Over-night stay at school*
Year 5	*Aylmerton School Journey*
Year 6	*JCA Condover Hall School journey* *Sky Academy / Kidzania*

Impact:

Each year group has a specific set of KPIs to achieve which is directly linked to the Jigsaw curriculum. This forms the explicit monitoring and outcomes for children.

Implicitly, by the end of their PSHE journey at Mandeville, children will have increased their vocabulary to describe emotions, as well as a better understanding of themselves and others. The children will have strategies to manage their emotions and will be able to take responsibility for themselves and their relationships. PSHE at Mandeville seeks to teach children to be the best versions of themselves - respectful, resilient and enthusiastic about the journey of learning.