



Overview of PSHE and RSE at Sowe Valley Primary School

<u>Vision (Intent)</u>	<u>Immersion (Our Offer)</u>	<u>Personalising the Curriculum to Sowe Valley (Implementation)</u>
At Sowe Valley, our learning attributes are known as the Seven R's. Of these, <i>reflectiveness, responsibility, relating to others, and resilience</i> are central to our PSHE vision. Our PSHE approach also reflects our school's core values of Belong, Believe, and Become, which underpin every child's journey at Sowe Valley. Through PSHE, children learn what it means to <i>belong</i> to a safe, supportive, and inclusive community where everyone feels valued. They are encouraged to <i>believe</i> in themselves, building confidence in their abilities and recognising their potential to achieve great things. Most importantly, PSHE helps them to <i>become</i> confident, resilient, and responsible individuals who are well prepared for the challenges of life and their role in society. We teach PSHE through the Jigsaw programme, chosen because it ensures coverage, ambition, and progression in line with the national curriculum. Jigsaw supports children in developing the knowledge, understanding, and skills they need to manage their lives now and in the future. It nurtures the qualities and attributes that enable them to thrive as individuals, family members, and members of both society and the wider global community. Our vision is for children at Sowe Valley to be responsible citizens who can take ownership of their own feelings and emotions. By equipping them with essential knowledge and skills, we prepare them to make informed, thoughtful choices in their lives. PSHE learning is also woven throughout the wider curriculum. Themes are regularly explored in assemblies, through visits from external speakers, and in play-based sessions, ensuring that children experience a consistent and meaningful approach to their personal development.	Current Practice: Relationships Education Relationships Education in school will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'. Health Education Health Education in school will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid' and 'Changing adolescent body'. Sex Education The DfE Guidance 2019 recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'. At Sowe Valley Primary School, we believe children should understand the facts about human reproduction before they leave primary school so in Year 5 and 6, which we feel is age appropriate, they begin to experience Sex Education. We define Sex Education as understanding human reproduction. We intend to teach this as part of PSHE in which case parents have the right to withdraw their child.	The Jigsaw scheme The Jigsaw scheme is a whole school approach in which every year group works on the same theme (puzzle) at the same time. There are six half-term units of work (puzzles) which each contain six lessons (pieces), these are designed to give children relevant learning experiences which will help them navigate their world and develop positive relationships. The scheme is spiral and progressive and each year group covers the same areas each year. They are as follows: Term 1: Being Me in My World Term 2: Celebrating differences (including anti bullying) Term 3: Dreams and Goals Term 4: Healthy Me Term 5: Changing Me Term 6: Relationships Each class has a weekly Jigsaw lesson which follows the same format. Every lesson starts with a 'Connect Us' game which is then followed by a short session of 'Calm me' mindfulness. A chime is used to help children develop their emotional awareness, concentration and focus. The Jigsaw Charter is referred to in every lesson so that the children are familiar with the Jigsaw rules which promote a respectful attitude to each other and their learning. Jigsaw soft toys are used as a prompt for talking which helps to develop children's listening skills.