



### **Personal, Social, Health Education**

At Portway Junior School, PSHE reflects our ethos and values. We endeavour to support our children to become independent, confident, responsible and healthy members of society equipped for the ever-changing world in which we live. Woven within our PSHE curriculum will be a commitment to our core school values of Ready, Respectful and Safe as well as our British Values and the promotion of positivity, resilience, integrity, dedication and encouragement.

We strive to develop the whole child morally, emotionally, socially and spiritually and this, in turn, will support our children to reach for excellence in all areas of the curriculum. We aim to give them confidence in their interactions in the wider-school community and beyond into later life.

Our PSHE curriculum is designed to reflect the individual needs of the children within our diverse local community, including our military families. We also aim to be responsive to issues within society and online in Andover, Hampshire, the UK and globally through group or class discussion and circle times. In addition, as our society becomes increasingly diverse, we aim to equip our children to be able to embrace difference not only in their immediate environment but in their wider community.

At Portway Junior, PSHE is taught using the 'Jigsaw' programme which is a progressive scheme of work which 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus. Through this scheme of work, we ensure we cover Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities as required in the statutory Health Education and Relationships Education guidance.

At Portway Junior, in addition to Relationships Education, we also teach aspects of Sex Education. Alongside this we teach about different kinds of relationships, including same sex relationships, and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain. The Sex Education aspects of PSHE are also taught through the 'Jigsaw' programme.

PSHE is taught through Jigsaw's six half term themes with each year group studying the same unit at the same time (at their own level) therefore this is a whole school approach. Themes are launched through a school assembly and all lessons are supported by an agreed charter that the children generate:

Autumn 1: Being Me in My World

Autumn 2: Differences (including anti-bullying)

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me (including Sex Education)

Children at Portway Junior will:

- be able to **positively** approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- understand the value of **positivity, resilience, integrity, dedication** and **encouragement**
- Know the importance of being healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationships with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level
- have **respect** for themselves and others.
- have a **positive** self esteem