

The Jigsaw Programme for PSHE is a 'mindful' approach to PSHE. **Mindfulness** is the ability to observe thoughts and feelings as they arise, in the present moment, without judgement, enabling children to 'catch' their thoughts and feelings before they lead to choices and actions that may not help them or their learning.

Our whole-school approach means that all year groups cover the same PSHE theme at the same time. The theme is reinforced in assemblies, with songs and through rewards to celebrate positive behaviours.

Children are supported in setting aspirational goals, coping with difficult situations and dealing with interpersonal issues such as falling out with friends.

We teach Jigsaw PSHE in a dedicated week each half term. Alongside this are weekly short sessions focusing on wellbeing and e-safety.

Ongoing assessment takes place through discussion and observation throughout lessons, as well as at the end of every module.

PSHE at Uplands includes statutory Relationships and Health education. Health education covers mental wellbeing, internet safety, physical fitness, healthy eating, lifestyle choices, rest and exercise, basic first aid, and the physical and emotional changes associated with puberty.



PSHE at Uplands

What does it look like?



At Uplands Junior School, we value the development of the 'whole child'. Personal, Social, Health & Economic (PSHE) education supports children's development as individuals, enables them to understand and respect who they are, empowers them to speak out and equips them for life and learning. At Uplands we use the Jigsaw scheme for PSHE. PSHE is taught during a dedicated week each half term, with additional weekly sessions focusing on wellbeing and e-safety.

We provide some non-statutory sex education in Years 5 and 6, covering how human reproduction occurs. Parents have the right to request their child be withdrawn from the PSHE lessons that specifically refer to human reproduction.

In Relationships education children are taught to recognise the characteristics of healthy and positive relationships, including online relationships, and how to seek support if they have concerns. We look at conflict resolution and communication skills, and dealing with bereavement and loss.

Using role play, reflection and group discussion, children are taught to develop self-awareness, empathy, resilience, self-management and social skills.

Children are taught to celebrate difference, how to recognise bullying behaviour and strategies for dealing with bullying situations.

At Uplands we promote Respect for All and value every individual child. As with all teaching at Uplands, PSHE is taught in such a way as to be inclusive and value all children irrespective of their ability, gender, race, ethnicity, or any other protected characteristics.

PSHE is taught in class groups by the class teacher in order to foster relationship-building and trust.

We use 'Jigsaw friends' plush toys as a distancing technique to help children discuss potentially sensitive topics.