



St Lawrence C of E (Aided) Junior School Curriculum Statement

Personal, Social and Health Education

(incorporating Relationship & Sex Education)



Intent:

Why do we teach it? Why do we teach it in this way?

At St Lawrence Junior School, we strive to present students with a PSHE program that enables them to become conscientious and contributing members of society. In a changing world, we believe it is our responsibility to equip students with the skills they need to take care of themselves both mentally and physically, and provide the same support to others, regardless of their status or ability. The Jigsaw PSHE program allows students to experience and develop an understanding of positive relationships, safeguarding, changes in the body, and appreciating the needs and contributions of others, in practical and interactive ways. St Lawrence proudly holds the bronze award as a Surrey Healthy School; a program which further allows us to engage students in exploring PSHE outcomes, both in school and in the wider community. Effective PSHE education allows our students to feel confident in their knowledge of self and their ability to accomplish the St Lawrence school values of achieving their best, believing in themselves and the power of God, and caring for the world around us.

Implementation:

How do we teach it? What does this look like?

PSHE lessons are held weekly by the class teacher and supported by whole school assemblies. Our continuing partnership with our main feeder school has helped us to establish consistency in our approach to PSHE lessons, as well as ensuring progression of topics.

Parents are informed of the curriculum content through termly newsletters and are informed in a timely manner if any lessons contain sensitive information.

Through our use of the Jigsaw PSHE scheme, St Lawrence delivers a rounded, whole-school approach that builds on knowledge, understanding and key skills in the areas of:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Jigsaw fully incorporates the statutory requirements for the teaching of RSE and Health Education in an age appropriate and progressive way, building on the previous year's learning.



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Within the Jigsaw curriculum, 'Paws' points are used which integrate a mindful approach into the lesson. This helps the children reflect on their thoughts and feelings, and prepares them for and supports them with some of the challenging and emotional discussions and activities that they might encounter.

Lessons include a range of whole class, group, paired and individual work. At the beginning of each school year, classes work to determine expected behaviour from themselves and their peers. This unique class charter is reiterated during all PSHE lessons, ensuring that children feel safe and supported as we move through the curriculum

Half termly Healthy Schools assemblies and homework assignments are also a feature of our school year, allowing students to explore and develop an appreciation of:

- Healthy eating
- Emotional health and wellbeing
- Physical activity

in association with a rounded PSHE curriculum and whole school promotion of positive health and wellbeing.

Impact:

By the time children leave St Lawrence they will:

- demonstrate kindness and respect towards themselves and others.
- have the courage and ability to try new things; and show resilience in the face of challenging situations.
- take responsibility for their actions.
- have a good understanding of how to develop and maintain a mentally, emotionally and physically healthy lifestyle.
- understand what it means to be a positive member of a diverse, multicultural society.