

How can you help at home?

- Encourage your child to dress and undress independently and manage their own hygiene.
- Encourage your child to help think about cooking and healthy recipes. Take them shopping and involve them in decision making.
- Provide simple activities such as board games, encouraging team-work and help children learn to take turns.
- Help your child to see another person's point of view and understand it may be different to their own.
- Recognise when your child is getting upset/ angry and model remaining calm yourself. Try saying "I understand that you are feeling cross..."
- Practise calming down strategies: Slow and deep breathing, counting to 10, bubble breathing.
- Give plenty of positive encouragement and praise.

Relationships and Health Education

All primary schools are required to teach Relationships and Health Education to all children. Relationships and Health Education is embedded through our PSHE scheme Jigsaw and our E-Safety lessons. This statutory guidance states children must be educated about:

- Families and people who care for me.
- Caring relationships.
- Respectful relationships.
- Online relationships.
- Being safe.

Children should know... "that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact." (DfE Guidance on Relationships Education, Sex Education and Health Education 2019, P22).

To ensure that children have a secure knowledge and understanding of this, in KS1 children will learn the correct terminology (penis, vagina and nipples) to identify both male and female body parts. This aligns with the terminology that health professional use. Parents do not have the right to withdraw their child from these sessions as Relationships and Health Education is statutory in all primary schools. However, if you have any further questions please contact Miss Evans.

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Moat Farm Infant School PSHE

(including Relationships and
Health Education)

Information Leaflet for
Parents and Carers



What is PSHE/RHE?

The purpose of this leaflet is to help you understand how Personal, Social and Health and Relationships Education is taught at Moat Farm Infant School.

PSHE Intent

PSHE at Moat Farm Infant School lays the foundations for factual knowledge required by young people in later years. Effective PSHE lessons, encourage children to reflect upon and develop their own values, attributes, personal and social skills including awareness of the values of their own community and others, whilst understanding the beliefs and ideas of their peers and increase their knowledge and understanding, so that they are able to make informed decisions and life choices both now and in the future. This includes positive benefits of loving, rewarding, safe and responsible relationships, developing positive mental health and emotional well-being and develop the skills to be digitally safe. Thus, we hope that the PSHE curriculum at Moat Farm Infant School will allow children to be independent, curious and confident individuals.

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline...children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way' - DfE Guidance on Relationships Education, Sex Education and Health Education 2019

What is PSHE/RHE?

PSHE/PSHE in Nursery and Reception

The children are taught how to build upon their own experiences and work towards achieving the Early Learning Goal (ELG) for Personal, Social and Emotional Development. This is divided into three strands; Self-Regulation, Managing Self and Building Relationships.

PSHE/PSHE in Key Stage 1

In KS1 the children are taught skills and rules for staying healthy and safe and for behaving well. Children are given opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of others. They learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying.

How is PSHE/PSHE taught at Moat Farm Infant School?

We teach PSHE through a scheme called Jigsaw. Jigsaw, is a mindful approach to PSHE; it is a whole scheme of learning which integrates personal, social, health and economic education with emphasis on emotional literacy, mental health and SMSC, especially spiritual development. Jigsaw teaches children to become aware of their thoughts and feelings throughout the programme, relating this to the PSHE subject matter being studied. In Early Years, we also support children's development of PSHE through play where they encounter a range of social situations where they need to manage their own feelings in addition to considering the needs and feelings of their peers. There are 6 puzzle pieces (half termly units of work) that link directly with our 6 school values: Collaboration, Respect, Creativity, Perseverance, Caring and Reflectiveness. Every year group learns about the same puzzle at the time. These puzzle pieces are delivered in a way that is appropriate for the children's age.

Jigsaw Puzzle Pieces

Puzzle 1: Being Me in My World covers:

- A sense of belonging
- Welcoming others and being part of a school and wider community
- Children's rights and responsibilities
- Working and socialising with others.

Puzzle 2: Celebrating Difference covers:

- Similarities and differences in relation to families, disability, racism, power, friendships, gender (including differences in private parts in Year 2) and conflict
- The concept of bullying and how to deal with it
- Making friends and celebrating differences.

Puzzle 3: Dreams and Goals covers:

- Children's hopes, dreams and goals for success
- How to overcome challenges
- Enterprise and fundraising
- Managing feelings of pride, ambition, disappointment and success.

Puzzle 4: Healthy Me covers:

- Emotional health (relaxation, being safe, friendships, mental health skills, body image, managing stress)
- Physical health (balanced diet, physical activity, rest and relaxation, keeping clean, being safe).

Puzzle 5: Relationships covers:

- Families, friendships, love and loss
- Keeping children safe in terms of social networking and self-assertiveness
- How to deal with conflict
- Roles and responsibilities in families, looking at stereotypes.

Puzzle 6: Changing Me covers:

- Growing from young to old, self and body image and accepting change
- Naming body parts and keeping safe (One lesson naming private body parts; penis, vagina and nipples in KS1)
- Moving year groups and easing transition into a new class.