

## How can you help at home?

Encourage your child to dress and undress independently and manage their own hygiene.

Provide a role play area resourced with materials reflecting your child's interests.

Encourage your child to help you think about cooking and healthy recipes. Take them shopping and involve them in decision making.

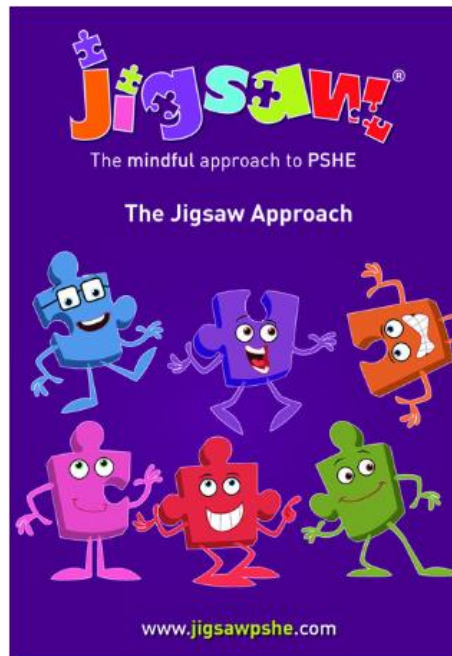
Simple activities such as board games encourage team-work and help children learn to take turns.

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 breathing / counting to 10 / making fist flowers etc

Give plenty of positive encouragement and praise.



Feel free to contact the following person for any additional information:

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# Stannington Infant School

# PSHE

Information Leaflet  
for  
Parents and Carers





## What is PSHE?

The purpose of this leaflet is to help you understand how Personal, Social and Health Education is taught at Stannington Infant School ('SIS').

Personal, social and health education (PSHE) helps to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, tackling many of the moral, social and cultural issues that are part of growing up. It teaches children about healthy choices and a healthy lifestyle.

In Foundation Stage 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 main areas of Making Relationships, Self-confidence and Self Awareness and Managing Feelings and Behaviours.

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 taught at Stannington Infant School?

We use a published scheme of work called 'Jigsaw'. The Jigsaw PSHE scheme is structured into 6 half termly units that are sequential from September to July. The units cover the following areas:



Jigsaw consists of 6 **Puzzles** (half-term units of work) containing 6 **Pieces** (lessons). Each Piece has 2 **Learning Intentions**. One is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education); and the other is based on emotional literacy and social skills (covering the **SEAL** learning intentions).

## PSHE at Stannington Infant School

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.

The Calm Me time at the beginning of each Piece (lesson) develops mindfulness using breathing techniques, awareness exercises and visualisations.

Jigsaw contributes to the British Values agenda very significantly, both through the direct teaching of information and through the experiential learning children will enjoy. The 5 strands of the British Values agenda have been mapped across every Puzzle and every lesson.

Dreams and Goals

Year	Democracy	Rule of Law	Individual Liberty	Mutual Respect	Tolerance of those of different faiths and beliefs
F1/2	✓		✓	✓	✓
Year 1	✓		✓	✓	✓
Year 2	✓	✓	✓	✓	✓

Healthy Me

Year	Democracy	Rule of Law	Individual Liberty	Mutual Respect	Tolerance of those of different faiths and beliefs
F1/2		✓	✓	✓	✓
Year 1		✓	✓	✓	
Year 2		✓	✓	✓	