

How can you help at home?

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

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

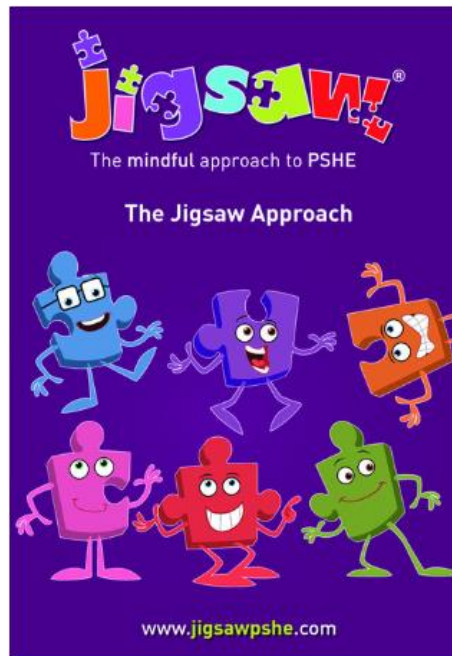
Encourage your child to play board games and turn taking games to develop sharing, waiting and turn taking.

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 both online and off line.

In the Foundation Stage the children work towards achieving the Early Learning Goal (ELG) for Personal, Social and Emotional Development. This is divided into three main areas of Self Regulation, Managing Self and Building Relationships and taught through a sequence of learning which includes teaching from the Jigsaw scheme, zones of regulation and includes mindfulness and healthy minds games.

In KS1 the children are taught skills and rules for staying healthy and safe and for behaving well both on and offline. 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.

Our teaching also includes teaching Zones of Regulation which develops emotional literacy, self-regulation and teaches the importance of mental health.

How is PSHE taught at Stannington Infant School?

We use a published scheme of work called 'Jigsaw' in conjunction with the Zones of Regulation and research from the Healthy Minds Project to ensure that our pupils have a bespoke curriculum which places emotional literacy and a positive mental health at the heart of teaching and learning.

The Jigsaw PSHE scheme is structured into 6 units that are sequential. The units cover the following themes, with Foundation Stage being taught one theme each half term.



In KS1 pupils PSHE is taught at the beginning of each term, where two themes will be taught in conjunction with our online safety learning to ensure that pupils are confident when engaging with their peers in social situations and online.

Our PSHE curriculum has been designed to incorporate the zones of regulation which explicitly teaches emotional literacy and regulation skills. We ensure that pupils developed a strong sense of self and positive mental health through teaching of active and mindfulness breaks using videos developed by our Healthy Minds Champions.

PSHE at Stannington Infant School

Our PSHE sequence of learning integrates personal, social, health and economic education with emphasis on emotional literacy, mental health and SMSC, especially spiritual development.

It teaches children to become aware of their thoughts and feelings relating to the PSHE subject matter being studied

Teaching includes Calm Me time at the beginning of each lesson and develops mindfulness using breathing techniques, awareness exercises, visualisations and calming activities to develop regulation. Our Healthy Minds Champions have also created bespoke Stannington Infant School active and mindfulness breaks to teach to their peers. (see Healthy Minds section on the school website)

We ensure that our PSHE curriculum reflects the 5 strands of the British Values agenda; Individual liberty, Democracy, Rule of law, Respect and tolerance both through the direct teaching of information and through the experiential learning children will enjoy.