PSHE

Intent

At Mendlesham Primary School, we are committed to ensuring that all pupils, including those with SEND, disadvantaged pupils and pupils within Mulberry, access an ambitious PSHE curriculum that supports them to flourish academically, socially and emotionally. We believe that PSHE plays a vital role in helping children develop the knowledge, skills and understanding they need to lead healthy, safe and fulfilling lives. We recognise that some pupils may require additional support to develop communication, self-regulation, relationships and independence skills, and our curriculum is adapted appropriately whilst maintaining high expectations and ambition for all. We are committed to ensuring that all pupils experience a strong sense of belonging, develop positive relationships and successfully access the personal, social and emotional learning needed to thrive both within school and beyond.

Our PSHE curriculum helps pupils to understand themselves, build positive relationships, develop resilience and contribute positively to the school community and wider world. We want every child to develop a strong sense of belonging, feel valued for who they are and understand the importance of treating others with kindness, respect and empathy.

Through carefully planned learning, children develop the knowledge and confidence needed to make informed choices, manage emotions, keep themselves safe and understand the responsibilities that come with being part of a community. We promote equality, diversity and inclusion, helping pupils to appreciate and celebrate differences whilst recognising the things we have in common.

Through our PSHE curriculum, pupils learn about:

- Mental and emotional wellbeing
- Physical health and healthy lifestyles
- Positive friendships and relationships
- Personal safety and safeguarding
- Online safety and responsible technology use
- Families and caring relationships
- Respect, equality and diversity
- Economic wellbeing and aspirations

- British Values and citizenship

We want pupils to leave here as confident, resilient and compassionate individuals who understand how to look after themselves, support others and make a positive contribution to the world around them.

Implementation

PSHE is taught through the Jigsaw programme alongside reflective assemblies, themed events, enrichment opportunities and wider curriculum experiences. Learning is carefully sequenced from EYFS to Year 6 so that knowledge, skills and understanding build progressively over time.

Curriculum planning takes account of the school's mixed-age structure, ensuring learning is revisited, deepened and connected over time so that pupils make sustained progress regardless of the point at which they enter the cycle. Content is carefully mapped to avoid unnecessary repetition whilst ensuring pupils receive their full entitlement to the PSHE curriculum.

Across the school, pupils learn about mental wellbeing, healthy relationships, safeguarding, diversity, online safety, economic wellbeing and personal safety. Key vocabulary and concepts are explicitly taught, revisited and embedded to support long-term understanding and enable pupils to talk confidently about their learning.

Our PSHE curriculum is responsive to the needs of our pupils and community. Whilst following the Jigsaw programme, learning is adapted where appropriate to address emerging safeguarding themes, local issues and the needs of particular cohorts. This may include teaching linked to online safety, emotional wellbeing, healthy relationships, water safety, railway safety, road safety and other issues relevant to our rural context. Pupil voice, safeguarding records and local and national priorities help inform curriculum content and ensure learning remains relevant and meaningful.

Oracy is an important aspect of PSHE. Pupils are regularly given opportunities to discuss, reflect, explain their thinking, ask questions and respectfully consider the views of others. Through these discussions, children develop confidence in expressing themselves whilst learning to listen carefully and respond thoughtfully.

PSHE learning is reinforced through everyday school life. Our behaviour curriculum, school values, assemblies, restorative conversations and wider opportunities all support pupils in applying their learning in meaningful contexts. Children are encouraged to make positive choices, build healthy relationships and contribute to a culture where everyone feels safe, respected and included.

Adaptive teaching ensures that all pupils can access and succeed within the PSHE curriculum. Support and scaffolds are used where appropriate to remove barriers to learning whilst maintaining ambition and high expectations for all pupils.

Assessment is ongoing and informed through discussion, observation, pupil voice and learning activities. This enables teachers to identify misconceptions, respond to pupils' needs and ensure that learning is relevant, ambitious and meaningful.

Impact

By the time pupils leave us, they will:

- Know how to keep themselves physically, emotionally and mentally safe.
- Understand what makes a healthy and positive relationship.
- Demonstrate kindness, respect and empathy towards others.
- Recognise and celebrate differences.
- Understand how to seek help and support when needed.
- Show resilience when faced with challenges.
- Make informed and responsible choices.
- Understand their responsibilities within school and the wider community.
- Communicate their thoughts, feelings and opinions with increasing confidence.
- Understand risks within their local community and know how to make safe and responsible choices in a range of real-life situations.

Children will be able to talk confidently about their learning and explain how it helps them in their everyday lives. They will demonstrate an understanding of wellbeing, relationships, safety, inclusion and belonging, using appropriate vocabulary and examples from their own experiences.

Pupil voice will demonstrate that children feel safe, valued and included within the school community. They will understand the importance of respect, responsibility and kindness and be able to explain how these values help them contribute positively to school life.

Through high-quality PSHE education, pupils develop the confidence, knowledge and personal qualities needed to be successful learners, positive members of their community and well prepared for the next stage of their education.

Enrichment

Our PSHE curriculum is enhanced through visitors, educational visits, assemblies, community projects, pupil leadership opportunities, charitable events, clubs and wider enrichment experiences.

These opportunities help children develop a sense of belonging within their school and local community whilst broadening their understanding of the wider world. They provide meaningful contexts for children to apply their learning, develop confidence, strengthen relationships and learn about the experiences of others.

Through these experiences, pupils are encouraged to recognise their strengths, develop their interests and understand the positive difference they can make within their school, their community and beyond.

Jigsaw 3 -11/12 Knowledge Content: Snapshot Overview

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition