

Intent

In an ever evolving and often uncertain world, it is our duty to nurture, teach and inform our children. To give them the skills they need to navigate their way safely and responsibly through life – whichever path they choose.

At Poulner Junior School, every child can access our PSHE curriculum. We use the PSHE platform Jigsaw: a comprehensive programme, which delivers relationship and health education. This is a progressive and fully planned scheme of work, which incorporates all of the national curriculum's statutory requirements in a mindful and inclusive approach. As part of this delivery, we incorporate age appropriate Relationship and Sex Education. This in line with the DfE guidelines, which state: "It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively." Please see our RSE policy for definitions of these terms and further information on the specific details of statutory requirements.

Through our inclusive and accessible PSHE programme, we aim to equip our children with the tools they need to understand, question and develop their comprehension of the world around us. Our intent is that we enable all of our children to grow and thrive, becoming caring, considerate, responsible and informed citizens who are able to make independent, safe and healthy decisions about their lives.

Implementation

Within our PSHE programme, there is a strong emphasis on emotional literacy, resilience and nurturing mental and physical health. The year groups will mirror their learning with the difference being an age appropriate adaptation to suit the needs of their age. Each subject within PSHE is broken into puzzles and they are taught as follows:

1. Being Me in My World - this incorporates; becoming a class team, being a school citizen, Rights, Responsibilities and Democracy, Rewards and Consequences, Our learning charter and owning out learning charter.
2. Celebrating Differences: Judging by appearances, Understanding Influences, Understanding Bullying, Problem Solving, Special Me and Celebrating Difference - How we look.
3. Dreams and Goals: Hopes and dreams, Broken Dreams, Overcoming Disappointment, Creating New Dreams, Achieving Goals and We did it!
4. Healthy Me: My Friends and ME, Group Dynamics, Smoking, Alcohol, Healthy Friendships and Celebrating my Inner Strengths and Assertiveness.
5. Relationships: Relationship Web, Love and Loss, Memories, Are Animals Special? Special Pets and Celebrating my Relationships with people and Animals.

6. Changing Me: Unique Me, Having a Baby, Girls and Puberty, Circles of Change, Accepting Change and Looking Ahead.

In lessons, we look to our own bodies and minds, and teach that we are all diverse. That we all grow, change and develop at a different pace, be that physically or emotionally and that sometimes we will face adversity. We discuss and teach how to navigate confidently and appropriately through new and sometimes challenging situations and prepare our children with the knowledge of why these changes may come about and how to manage them.

We explore different cultures and beliefs, and through this we gain valuable insight into the lives of others and their traditions. In Religious studies we look to the history behind the gods that people believe in and the importance of faith and weave this into our learning in PSHE. We explore ideas of atheism, agnostics and devoutness and the influence of different beliefs in society. We discuss, debate and open the floor to any questions, to ensure a clear and unprejudiced understanding of our world and we challenge each other and ourselves to open our minds to acceptance, tolerance and kindness.

We consider how families have changed over time whilst acknowledging how quickly the family unit has evolved and explore this sensitively and appropriately. Above all, we teach that tolerance and acceptance without prejudice will enable us grow as citizens not only in our own minds but as part of our global community.

Impact

At PJS we teach the intangible.

Growth, compassion, tolerance, love and understanding. The belief that no one person can define you – that every individual has the right to live, love, laugh and play – to have and express their opinion, to forge positive change and build resilience and fortitude, be that in mind, work or relationships.

In giving children the tools they need, we teach them not simply to replicate and recite rhetoric or emulate the actions of those who came before us but to question, evaluate and consider that they have the power to enforce positive change. That they carry the innate ability to understand the value of life, humanity, hope and solidarity.

Above all, we strive to create a community of young people who feel comfortable within themselves and their surroundings. To ensure they are informed and equipped to be a part of a modern and ever changing world and to be accepting and feel accepted. Young citizens who are not afraid to be themselves and who understand that we are all equal. At Poulner Junior School we believe that every child can succeed. We embrace the challenges we face as a community, as a school and as individuals and support one another through our core HEART values that underpin our ethos and encapsulate our motto:

To learn, to grow, to thrive.

