



Curriculum Intent

Subject: PSHE / RSE / My Happy Mind (Mental Health)

PSHE stands for Personal, Social, Health and Economic education. It focuses on developing the knowledge, skills and attributes to keep children healthy and safe, and to prepare them for adult life in their community. As pupils progress, they should develop critical thinking skills relating to issues within society, and develop confidence in making safe and healthy choices for themselves.

We use the Jigsaw scheme to support teaching and learning at Kingsway Primary School. Based on our pupils' backgrounds and cultures, we believe that the Jigsaw scheme will encourage our children to feel empowered, confident, resilient, and be able to cope with the challenges ahead. The Jigsaw approach is a mindful one, and progresses from EYFS through to Year 6. Mindfulness is embedded in each lesson and supports children to regulate their own emotional states and to choose their responses, teaching them valuable skills for adulthood.

RSE stands for Relationships and Sex Education. The statutory RSE curriculum is included within the Jigsaw programme.

My Happy Mind is the programme used to support our teaching about mental health. Mental health education is part of the statutory RSE curriculum. My Happy Mind also follows a mindful approach and links with the Jigsaw scheme to provide a comprehensive approach to teaching and learning about physical and mental health. Children are taught My Happy Mind from EYFS to Year 6. They are taught to understand their brain, including how to name and cope with a range of emotions.

Aims and Objectives:

At Kingsway Primary School, we aim to prepare our children effectively for their next stages of life and adulthood. Jigsaw covers all aspects of the National Curriculum Programme of Study for PSHE, along with the statutory RSE and Health Education.

The national curriculum for PSHE and RSE aims to ensure that all pupils:

- ✓ Are taught the fundamental building blocks and characteristics of love and positive relationships.
- ✓ Know what a relationship is, what friendship is, what family means and who can support them.
- ✓ Know about consent in an age-appropriate way – establishing personal space and boundaries, knowing the difference between safe and unsafe physical, or other, contact.
- ✓ Know how to show respect.
- ✓ Treat each other with kindness, consideration and respect, with value placed on honesty, permission seeking, and the concept of personal privacy.
- ✓ Identify the features of healthy relationships.
- ✓ Apply knowledge to relationships online, addressing the issue of online safety and appropriate behaviour online.
- ✓ Understand how to have positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
- ✓ Know the importance of, and how to, report bullying or abuse.

Specifically, for physical health and mental wellbeing, children will be taught to:

- ✓ Identify what positive mental wellbeing looks and feels like.
- ✓ Understand the importance of daily exercise, good nutrition and sufficient sleep, giving pupils the language to express and understand the range of emotions that everyone experiences.
- ✓ Identify steps they can take to protect and support their own and others' health and wellbeing, including simple self-care techniques.

- ✓ Know about the positive relationship between good physical health and good mental wellbeing.
- ✓ Know about the benefits of hobbies.
- ✓ Understand the benefits of rationing time spent online and the risks of overuse.