



# Millbrook Junior School

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## PSHE Autumn 1 news letter

At Millbrook Junior School we teach PSHE through a programme called Jigsaw. PSHE Education (Personal, Social, Health and Economic Education) is a vital part of the curriculum. It is an integral part of everything that we do, however it is also taught in a separate lesson to help support the children to acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. PSHE helps to develop qualities that children will need throughout their lives.

Jigsaw is used across the school with everyone working on the same theme ('Puzzle Piece') each half term at an appropriate level. Teaching includes emotional literacy, mindfulness, social skills and spiritual development, it aims to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn. Jigsaw helps to develop skills of working together and understanding each other as well as helping the children to see that everyone is an individual who brings different skills, ideas and knowledge. Children are encouraged to celebrate themselves as well as each other. Jigsaw also covers all areas of British Values across the year.

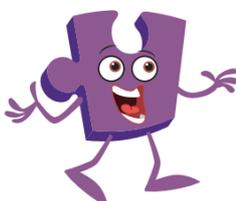


## RSE

Jigsaw also ensures that we cover statutory requirements for Relationships and Health Education, and Sex Education. We will be in touch about this as we move through the year, Sex Education is not taught until the summer term when you will have access to the resources, vocabulary and areas covered.

There is further information on our school website about the Jigsaw curriculum (<https://www.millbrookjuniors.co.uk/index.php/information/the-curriculum>). Each half term there will also be details sent home of the areas to be covered by each year group.

## Being Me in My World



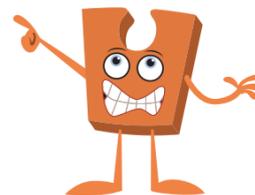
The first 'Puzzle Piece' to be covered is 'Being Me In My World' which looks at a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.

Through this unit, all areas of British Values are looked at including democracy, rule of law, individual liberty, mutual respect and tolerance of those of different faiths and beliefs.

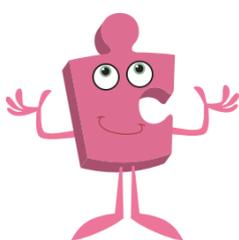
Year 3 will think about setting personal goals, recognising that sometimes it is difficult to achieve the things they want. Rules of the class and school will be looked at as well as rewards and consequences but also why the rules are there. They will also be

encouraged that it is important to try and see how their behaviour can impact on other people.

Year 4 will focus on being part of a team in their class but also as part of the whole school 'Millbrook Team'. They will think about working together to make decisions ensuring that theirs and others voices are heard. Rights, responsibilities and democracy as well as rewards and consequences will be discussed as part of the school council.



Year 5 will start to plan for the year ahead, they will think about being a 'citizen' and 'democracy'. They will think about why it is important to have rights and responsibilities, rewards and consequences. This will be linked to school and the wider community. The children will also think about behaviour and how it can impact on others.



Year 6 will start by identifying and setting themselves goals for the year ahead. They will think about what it means to be a 'global citizen' and the universal rights of children around the world encouraging empathy for others. The children will also start to think about the impact their choices may have.

Next half term will be 'Celebrating Difference', more details will follow closer to the time.