



St Michael's C of E Primary

Date of policy: Consultation Autumn 2023 with staff, governors and school council.

Member of staff responsible Mrs Perry

Review date Planned approval by Nov 2023 and review 2026



St Michael's vision—I have come to bring you life, life in all fullness. 10:10

Context

St Michael's must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum: Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

This policy meets the requirements that schools publish a Relationships and Sex Education policy and does this within the wider context of Personal, Social and Health Education. This policy meets the RSE requirements for the DFE and is aligned with the Church of England.

The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

It is also aligned with the Church of England's relationships education, relationships and sex education (RSE) and health education (RSHE)" Relationships, Sex and Health Education advice given in the Church of England document 'Valuing England schools.

PSHE

St Michael's Primary School value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our context. At St Michael's School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development this also as supports people their learning capacity.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children. Jigsaw materials are age- and stage-appropriate, and offer each school the flexibility to deliver the more sensitive issues in ways appropriate to their school ethos and values.

What do we teach when and who teaches it?

Whole-school approach

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise

Summer 1: Relationships Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss

Summer 2: Changing Me Includes Relationships and Education in the context of coping positively with change and puberty .

St Michael's School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit).

We will not teach our pupils Sex Education which is a statutory part of the Secondary curriculum.

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 3 (Conception, birth)

The overview of the programme can be seen on the school website.

St Michael's cover the PHSE programme with an introductory assembly half termly. The learning is picked up in Celebration assembly on a Friday to ensure children are supported with the ability to articulate how to stay safe, be healthy, and manage emotions at an age appropriate level. The class teacher covers the topic in an age appropriate way in a class assembly following the introduction.

This also supports the "Personal Development" and evaluated "Beha under the Ofsted Inspection Framework, as well as Safeguarding and Equality Duties, the Government's British SMSC Values (Spiritual, Moral, Social, and Cultural) development opportunities provided for our children.

Statutory Relationships and Health Education

"The Relationships Education, Relationships and Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education

Health Education is compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory. DfE Guidance p.8

"Today's children are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic life and have strategies to support their emotional and mental health.

"This is why we have made Relationships Education well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to teach children about respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to develop knowledge and attributes gained will support the help young people to become successful and happy adults who make a meaningful

contribution to society.” Secretary of State Foreword DfE Guidance 2019 p.4-5

“Schools are free to determine how to deliver PHSE in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme. DfE Guidance p.8

All the blue highlights are website links.

Jigsaw 3-11 and statutory Relationships and Health Education, [jigsaw-3-11-and-pshe-overview-map.pdf](#) shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

This programme's complimentary update policy on teaching materials and that our teachers are well-supported.

Our PSHE policy is informed by existing DfE guidance:

[Keeping Children Safe in Education](#) (statutory guidance) [Keeping children safe in education - GOV.UK \(www.gov.uk\)](#)

[Respectful School Communities: Self Review and Signposting Tool](#) (a tool to support a whole school approach that promotes respect and discipline) [Respectful School Communities Self-Review and Signposting Tool \(educateagainsthate.com\)](#)

[Behaviour and Discipline in Schools](#) (advice for schools, including advice for appropriate behaviour between pupils) [Behaviour in schools - GOV.UK \(www.gov.uk\)](#)

[Equality Act 2010 and schools](#) [Equality Act 2010: advice for schools - GOV.UK \(www.gov.uk\)](#)

[SEND code of practice: 0 to 25 years](#) (statutory guidance) [SEND code of practice: 0 to 25 years - GOV.UK \(www.gov.uk\)](#)

[Alternative Provision](#) (statutory guidance) [Alternative provision - GOV.UK \(www.gov.uk\)](#)

[Mental Health and Behaviour in Schools](#) (advice for schools) [Mental health and behaviour in schools - GOV.UK \(www.gov.uk\)](#)

[Social, emotional and mental wellbeing in primary and secondary education](#). (NICE guidance) [Overview | Social, emotional and mental wellbeing in primary and secondary education | Guidance | NICE](#)

[Promoting and supporting mental health and wellbeing in schools and colleges](#) (guidance for schools and colleges) [Promoting and supporting mental health and wellbeing in schools and colleges - GOV.UK \(www.gov.uk\)](#)

[Preventing and Tackling Bullying](#) (advice for schools, including advice on cyberbullying) [Preventing bullying - GOV.UK \(www.gov.uk\)](#)

[The Equality and Human Rights Commission Advice and Guidance](#) (provides advice on avoiding discrimination in a variety of educational contexts) [Advice](#)

[and guidance | Equality and Human Rights Commission \(equalityhumanrights.com\)](#)

[Promoting Fundamental British Values as part of SMSC in schools](#) (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, [Promoting social fundamental and cultural British values through SMSC - GOV.UK \(www.gov.uk\)](#))

[SMSC requirements for independent schools](#) (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development). [Regulating independent schools - GOV.UK \(www.gov.uk\)](#)

Education Office, [second edition updated summer 2019](#)). [Layout 1 \(churchofengland.org\)](#)

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'friendships', 'Respectful relationships', 'Onli

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Parents should also be aware that the "Church 2019, of Relationships Education and Sex Education should be designed to prepare all pupils for the future, regardless of sexual orientation or gender identity. RSE must promote gender equality and LGBT equality and it must challenge discrimination. RSE must take the needs and experiences of LGBT people into account and it should seek to develop understanding that there are a variety of relationships and family patterns in the modern world." (Page 34)

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol', 'Basic First Aid', 'Changing adolescent body'.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

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Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent b is taught as part of the Changing Me Puzzle (unit).

Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have programme tailored to the age and the physical and emotional maturity of the pupils.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p. 17

At St Michael's CE Primary School, puberty is taught as part of the statutory Health Education curriculum through the Jigsaw PSHE Programme. According to DfE guidance, sex education specifically refers to human reproduction. To align with the National Curriculum Science requirement for children to understand how mammals reproduce, we have chosen to cover human reproduction within the Science curriculum rather than PSHE or Relationships and Sex Education, as we believe this approach best serves our students. Consequently, parents do not have the option to withdraw their child from this aspect of the curriculum. However, we welcome any questions about the curriculum content, so please feel free to contact the Head if you would like further information.

Monitoring and Review

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme, and makes a record of all such comments.

Governors scrutinise and ratify teaching materials to check they are in ethos.

Equality

This policy will inform the school's Equalities

The DfE Guidance 2019 (p. 15) states, " Schools should ensure appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

This can also have an impact on any anti-bullying policies in regard to these characteristics being the reason for the issue. The Church of England document "Valuing "Schools should ensure that they *have clear anti-bullying policies on preventing and tackling*

homophobic, biphobic and transphobic behaviour and language and that these policies are known and understood by all members of the school community. School leaders should present a clear message that HBT bullying will not be tolerated and that there can be no justification for

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this negative behaviour based on the Christian faith or the Bible. Schools should ensure that pupils understand how to report incidents. Pupils should be confident that if they report bullying it will be taken seriously."

It also asserts:

"Central to Christian theology is the truth that every single one of us is made in the image of God. Every one of us is loved unconditionally by God. We must avoid, at all costs, diminishing the dignity of any individual to a stereotype or a problem. Church of England schools offer a community where everyone is a person known and loved by God, supported to know their intrinsic value"page(1)

"Opportunities to discuss issues to do with self-esteem, identity and bullying, including HBT (homophobic, biphobic and transphobic) bullying, should be included in physical, social, health and economic education or citizenship programmes. The curriculum should offer opportunities for pupils to learn to value themselves and their bodies. Relationships and sex education should take LGBT people into(Page 6)account."

At St Michael's CE Primary School, we promote respect for all and value every individual child.

We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

For further explanation as to how we approach LGBT relationships in the PSHE (RSHE) Programme please see:

'Including and valuing all children. What does

Policy Review

This policy is reviewed Every 3 years	Signed Headteacher	signed Chair of Governors
Date of review: October 2024	L Perry	Paul Middleton
Date of next review: October 2027		

Jigsaw PSHE documents needed to explain this policy:

Jigsaw 3-11 and statutory Relationships and Health Education (mapping document) [jigsaw-3- 11-and-rshe-overview-map.pdf \(windows.net\)](#)

Including and valuing all children. What does Jigsaw teach about LGBTQ relationships? ? [rshe-a-guide-for-parents-and-carers-leaflet-2020.pdf \(windows.net\)](#)

How does Jigsaw PSHE support the Church of England Principles and Charter

in relation to RSHE? [Church of England publishes Charter for Relationships, Sex and Health Education | The Church of England](#)

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Relationships Education in Primary schools –DfE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. The references R3/H5 etc can be cross-referenced on the Jigsaw mapping documents and Puzzle Maps to show which lessons throughout Jigsaw contribute to which statutory outcomes. All statutory outcomes are covered in the Jigsaw 3-11 Programme.

The guidance states that, by the end of primary school:

	Pupils should know...	How Jigsaw provides the solution
Families and people who care for me	<p>R1 that families are important for children growing up because they can give love, security and stability.</p> <p>R2 the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing eac</p> <p>R3 that others’ families, either in sch from their family, but that they should respect those differences and know that other children’s families are also character</p> <p>R4 that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for</p> <p>R5 that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious).</p> <p>R6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Relationships Changing Me Celebrating Difference Being Me in My World</p>
Caring friendships	<p>R7 how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>R8 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharinginterests and experiences and support with problems and difficulties</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Being Me in My World Celebrating Difference</p>

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	<p>R9 that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded</p> <p>R10 that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>R11 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help and advice from others, if needed</p>	Relationships
Respectful relationships	<p>R12 the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>R13 practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>R14 the conventions of courtesy and manners</p> <p>R15 the importance of self-respect and how this links to their own happiness</p> <p>R16 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>R17 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>R18 what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>R19 the importance of permission-seeking and giving in relationships with friends, peers and adults</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Being Me in My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me</p>
Online relationships	<p>R20 that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>R21 that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>R22 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>R23 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>R24 how information and data is shared and used online.</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Relationships Changing Me Celebrating Difference</p>

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Being safe	R25 what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). R26 about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. R27 that each person's body belongs to them and inappropriate or unsafe physical, and other, contact. R28 how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. R29 how to recognise and report feelings of being unsafe or feeling bad about any adult. R30 how to ask for advice or help for themselves or others, and to keep trying until they are heard, R31 how to report concerns or abuse, and the vocabulary and confidence needed to do so. R32 where to get advice e.g. family, school and/or other sources.	All of these aspects are covered in lessons within the Puzzles Relationships Changing Me Celebrating Difference
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Physical health and mental well-being education in Primary schools –DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

	Pupils should know	How Jigsaw provides the solution
Mental wellbeing	<p>H1 that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>H2 that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>H3 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings.</p> <p>H4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>H5 the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness.</p> <p>H6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>H7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p> <p>H8 that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.</p> <p>H9 where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s-being or m ability to control their emotions (including issues arising online).</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Healthy Me Relationships Changing Me Celebrating Difference</p>

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	H10 it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	
Internet safety and harms	<p>H11 that for most people the internet is an integral part of life and has many benefits.</p> <p>H12 about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on the wellbeing.</p> <p>H13 how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private.</p> <p>H14 why social media, some computer games and online gaming, for example, are age restricted.</p> <p>H15 that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p>H16 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p> <p>H17 where and how to report concerns and get support with issues online.</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Relationships Healthy Me</p>
Physical health and fitness	<p>H18 the characteristics and mental and physical benefits of an active lifestyle.</p> <p>H19 the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p> <p>H20 the risks associated with an inactive lifestyle (including obesity).</p> <p>H21 how and when to seek support including which adults to speak to in school if they are worried about their health.</p>	<p>All of these aspects are covered in lessons within the Puzzles</p> <p>Healthy Me</p>
Healthy eating	H22 what constitutes a healthy diet (including understanding calories and other nutritional content).	All of these aspects are covered in lessons within the Puzzles

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	H23 the principles of planning and preparing a range of healthy meals. H24 the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Healthy Me
Drugs, alcohol and tobacco	H25 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	All of these aspects are covered in lessons within the Puzzles Healthy Me
Health and prevention	H26 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. H27 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. H28 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. H29 about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. H30 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. H31 the facts and science relating to immunisation and vaccination	All of these aspects are covered in lessons within the Puzzles Healthy Me
Basic first aid	H32 how to make a clear and efficient call to emergency services if necessary. H33 concepts of basic first-aid, for example dealing with common injuries, including head injuries.	All of these aspects are covered in lessons within the Puzzles Healthy Me
Changing adolescent body	H34 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. H35 about menstrual wellbeing including the key facts about the menstrual cycle.	All of these aspects are covered in lessons within the Puzzles Changing Me Healthy Me

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