

How can you help at home?

- Encourage your child to dress and undress independently and manage their own hygiene.
- Encourage your child to help think about cooking and healthy recipes. Take them shopping and involve them in decision making.
- Provide simple activities such as board games, encouraging team-work and help children learn to take turns.
- Help your child to see another person's point of view and understand it may be different to their own.
- Recognise when your child is getting upset/ angry and model remaining calm yourself. Try saying "I understand that you are feeling cross..."
- Practise calming down strategies: Slow breathing / counting to 10 etc.
- Give plenty of positive encouragement and praise.



Please contact the following people for any additional information:

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Moat Farm Infant School

PSHE/PSED

*Information
Leaflet for
Parents and Carers*



What is PSHE/PSED?

The purpose of this leaflet is to help you understand how Personal, Social and Health Education is taught at Moat Farm Infant School.

Personal, social and health education (PSHE) helps to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, tackling many of the moral, social and cultural issues that are part of growing up. It teaches children about healthy choices and a healthy lifestyle.

PSHE/PSED in Nursery and Reception

The children are taught how to build upon their own experiences and work towards achieving the Early Learning Goal (ELG) for Personal, Social and Emotional Development. This is divided into three main areas: Making Relationships, Self Confidence and Self Awareness and Managing Feelings and Behaviours.

What is PSHE/PSED?

PSHE/PSED in Key Stage 1

In KS1 the children are taught skills and rules for staying healthy and safe and for behaving well. Children are given opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of others. They learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying.

How is PSHE/PSED taught at Moat Farm Infant School?

We teach PSHE/PSED through a scheme called Jigsaw. Jigsaw, is a mindful approach to PSHE; it is a whole scheme of learning which integrates personal, social, health and economic education with emphasis on emotional literacy, mental health and SMSC, especially spiritual development. Jigsaw teaches children to become aware of their thoughts and feelings throughout the programme, relating this to the PSHE subject matter being studied. There are 6 puzzle pieces (half termly units of work). Every year group learns about the same puzzle at a similar time. These puzzle pieces are delivered in a way that is appropriate for their age.

Jigsaw puzzle pieces

Puzzle 1: Being Me In My World covers:

- A sense of belonging
- Welcoming others and being part of a school and wider community
- Children's rights and responsibilities
- Working and socialising with others

Puzzle 2: Celebrating Difference covers:

- Similarities and differences in relation to disability, racism, power, friendships and conflict
- The concept of bullying

Puzzle 3: Dreams and Goals covers:

- Children's hopes, dreams and goals for success
- How to overcome challenges
- Enterprise and fundraising
- Managing feelings of pride, ambition, disappointment and success

Puzzle 4: Healthy Me covers:

- Emotional health (relaxation, being safe, friendships, mental health skills, body image, managing stress)
- Physical health (balanced diet, physical activity, rest and relaxation, keeping clean, being safe)

Puzzle 5: Relationships covers:

- Families, friendships, love and loss
- Keeping children safe in terms of social networking and self-assertiveness
- How to deal with conflict
- Roles and responsibilities in families, looking at stereotypes

Puzzle 6: Changing Me covers:

- Growing from young to old, self and body image and accepting change
- Moving year groups and easing transition into a new class.