

PSHE Curriculum

Intent

At Hazel Wood Infant School, we provide children with a **Journey of Opportunities** that inspires a love of learning through independence, creativity, resilience and teamwork.

Our PSHE curriculum follows the governments updated RSHE (Relationships, Sex and Health Education) guidelines and focuses on **Personal and Relationships Education** and **Health Education**.

Our PSHE curriculum supports children to:

- Recognise healthy friendships and family relationships.
- Show respect towards others.
- Know basic rules for staying safe online and offline.
- Identify trusted adults they can talk to.
- Understand simple ways to look after their physical and mental health.

Through PSHE we believe we give children the tools to build positive relationships and develop the knowledge, skills and attitudes needed to thrive in school and beyond. We also aim to help children become confident, respectful and responsible members of their community.

Implementation

PSHE is taught through our Inspiring Curriculum using the **Jigsaw** scheme of work, which provides a structured and progressive approach to learning. Children take part in weekly lessons that build upon prior knowledge and explore six key themes: **Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships** and **Changing Me**.

Each theme is introduced with a whole school assembly and then taught through weekly PSHE sessions. Lessons involve class discussions, circle time activities, stories, games and role play, collaborative tasks, reflection and mindfulness exercises. Through these activities we help the children to develop their emotional literacy skills, mental wellbeing, social skills, relationships, self-awareness and resilience.

Additional support is also available through our Emotional Literacy Support Assistant (ELSA) to ensure all children can succeed and flourish.

Impact

Through their **Journey of Opportunities** in PSHE, children leave Hazel Wood with the confidence, resilience and social skills needed to navigate the world around them. They understand how to build positive relationships, respect differences and make informed choices about their wellbeing. Children embody our school values of independence, creativity, resilience and teamwork, enabling them to make positive contributions to their communities and future lives.

