



Curriculum Statement for Personal, Social, Health and Economic Education (PSHE)



PSHE helps children grow into kind, confident, and thoughtful individuals—ready to thrive in school, in society, and in life.

At Red Oaks Primary School, we believe that PSHE is a vital part of every child's education. It helps children grow into confident, kind, and responsible individuals who are well-prepared for life in modern Britain. Through our carefully planned PSHE curriculum, we aim to nurture children's emotional wellbeing, social skills, and understanding of the world around them.

Intent

Our intent is to provide a PSHE curriculum that supports the personal development of every child. We want children to:

- Build positive relationships
- Communicate effectively
- Work collaboratively
- Respond thoughtfully to challenges
- Understand their role in a democratic society
- Lead healthy, fulfilling lives

PSHE at Red Oaks is designed to help children develop the knowledge, skills, and attitudes they need to thrive both in and beyond the classroom.

Implementation

We follow the **Jigsaw PSHE programme**, a comprehensive and engaging scheme that brings together emotional literacy, social skills, mindfulness, and health education. Each year group explores the same themes across the school year, allowing for progression and consistency:

- **Term 1 – Being Me in My World**
- **Term 2 – Celebrating Differences**
- **Term 3 – Dreams and Goals**
- **Term 4 – Healthy Me**
- **Term 5 – Relationships**
- **Term 6 – Changing Me**

These themes are taught through age-appropriate lessons that encourage discussion, reflection, and active participation. Children explore topics such as relationships, health, safety, aspirations, diversity, and wellbeing in a safe and supportive environment.

Impact

PSHE has a lasting and meaningful impact on our pupils. It helps them to:

- **Support their wellbeing:** Children learn to manage their emotions, build resilience, and develop strategies for maintaining positive mental health.
- **Face challenges confidently:** Through critical thinking and problem-solving, children learn to navigate issues like peer pressure, online safety, and future aspirations.
- **Find purpose and belonging:** PSHE empowers children to understand themselves, respect others, and contribute positively to their community.

By the time children leave Red Oaks, they are equipped with the tools to lead happy, healthy lives and make thoughtful, informed choices.

Useful links

As part of our PSHE curriculum, we follow the Jigsaw PSHE scheme. Please click this link for more information about the scheme. [rshe-a-guide-for-parents-and-carers-leaflet-2020.pdf](#)

[Children's mental health – Every Mind Matters – NHS \(www.nhs.uk\)](#) – Provides NHS-endorsed tips to help parents and carers spot the signs that children may be struggling with their mental health and how to support them; and provides advice that can help maintain good mental wellbeing

[CEOP Education](#) – resources for children and parents on e-safety.

[NSPCC Learning](#): help keep them safe including e-safety and safeguarding

[Cosmic kids](#) – breathing exercise for children

Whole school events

- Anti-bullying week 10th – 14th November
- Mental health awareness week 11th – 17th June
- Opportunity to view PSHE and RSE resources for parents – June