

PSHE

Research	Intent	Implementation
<p>A growing body of research shows that pupils who are emotionally healthy do better at school.</p> <p>PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships.</p> <p>PSHE Association</p>	<p>At Southwick School, we believe that all children have the potential to become, healthy, independent and responsible citizens.</p> <p>Through teaching PSHE, we are supporting our children to achieve this by:</p> <ul style="list-style-type: none"> • helping them to understand how they are developing personally and socially; • introducing the children to a range of moral, social and cultural issues that are part of growing up; • providing them with opportunities to learn that for every right, they also have a responsibility; • helping them to value and celebrate diversity; • helping them to understand risk by equipping them with the knowledge and skills to make safe and informed decisions; • contributing to school life and the wider community. 	<p>PSHE is delivered through 'Jigsaw', a published scheme of work which is tailored to meet the specific needs of our children by providing them with the relevant learning experiences to help them navigate their world whilst developing positive relationships with themselves and others.</p> <p>The scheme of work lays strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Lessons also provide opportunities for reflection (mindfulness) through the use of chime bars.</p> <p>As well as formal teaching, children are encouraged to put what they have learned into practice through Young Leadership.</p>