



Standhill Infants School PHSE Policy 2026

Curriculum Intent

At Standhill Infants School we intend for all children to be happy and safe. We want them to understand what they can do to have a healthy mind and a healthy body. We believe that Personal, Social, Health and Economic (PSHE) Education and Relationships Education are fundamental to children's wellbeing, safety and personal development in the early years. We know that some children's needs go beyond the curriculum, and we aim to equip them with the skills that they need to stay safe from harm. Through our enrichment opportunities, Jigsaw and ELSA teaching we aim to support children to identify their emotions and to self-regulate.

Introduction

Personal, social and health education promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and become informed, active, responsible citizens. It is taught as part of a broad and balanced curriculum that promotes fundamental British Values and health education.

Aims

Through PSHE and Relationships Education, we aim to encourage and help children:

- To develop a sense of belonging and play a positive role in contributing to the life of the school and the wider community.
- To know and value who they really are and how they relate to other people in society.
- To develop confidence and responsibilities, enabling them to make the most of their abilities.
- To develop healthy, safe lifestyles and understand how to keep themselves and others safe.
- To develop self-esteem, confidence, emotional resilience and self-awareness to make informed choices and decisions.
- To develop social skills and build positive, respectful and healthy relationships.
- To identify, understand and regulate their feelings and behaviour.
- To celebrate difference and show respect for others.

Planning and Content

Children are offered a wide range of opportunities to enhance their learning and engage with the concepts and contents of PSHE through indirect teaching e.g. dealing with incidents as they occur and modelling positive behaviours, attitudes and relationships. We follow a scheme of work called Jigsaw PSHE which provides a structured and developmental programme focused on building emotional literacy and social skills within a whole school approach. We also offer PHSE interventions using the ELSA approach.

- PSHE sessions are taught once a week using the Jigsaw lesson plans and resources
- PHSE January 2026

- PSHE assemblies are delivered once a week and are based around weekly celebrations which focus on specific behaviours or attitudes.
- The JIGSAW scheme of work also helps us meet our statutory duty to teach 'Relationship Education, Relationship and Sex education (RSE) and Health Education in line with upcoming updated regulations for September 2026 ([RSE 2026](#)) Parents are informed when the 'Changing me' topic is taught in school.

JIGSAW scheme

Jigsaw PSHE scheme, a whole school programme designed to deliver PSHE and Relationships Education in a structured, progressive and age appropriate way. Jigsaw is organised into six half termly units (called Puzzles), which are taught across each academic year:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me

Each Puzzle builds on children's knowledge, skills and understanding each year. The Changing Me Puzzle is taught in a carefully planned and sensitive way, appropriate to the age and maturity of infant-aged children. It includes learning about:

- Growing and changing
- Naming body parts using correct terminology that a doctor would use (for safeguarding purposes)
- Personal hygiene
- Understanding that change is a normal and natural part of life

Assessment and Recording

- In KS1 and FS2 each lesson has a clear learning objective, WALT/WILF. Children's work is filed with their other topic-based work.
- On-going assessments are made through observation of children and their work.
- PHSE interventions are offered through the ELSA programme. Children are identified as in need of additional support and receive weekly interventions in a small group with a trained TA.
- A statement as to the personal and social development of each child will be reported to parents during two separate parents' evenings as well as in the end of year written report.

Resources

The Jigsaw PSHE scheme of work provides:

- 1 folder for each year group including lesson plans and resources, and added assembly plans too
- Jigsaw Chimes
- 3 Jigsaw characters- Jigsaw Jenie blue (FS2), Jigsaw Jack orange (Year 1), Jigsaw Jo pink (Year 2)
- Jerrie cat the PSHE calming class mascot
- Enrichment opportunities linked to wellbeing are also offered including mindfulness and yoga.
- Trained TA has access to ELSA resources.

Inclusion

At Standhill Infants' School we aim to teach PSHE to all children, regardless of their ability or individual needs. PSHE forms part of the school curriculum policy to provide a broad and balanced education for all children. We strive to meet the needs of those pupils with special educational needs, with disabilities, the gifted and talented and those learning English as an additional language and we take all reasonable steps to achieve this.

Jodie Brennan PHSE lead - January 2026

Review January 2029 (or in line with any other DFE/Gov recommendations)

Note: The PSHE and citizenship policy should be read in conjunction with the British Values policy, the RSHE policy and the Behaviour policy.