



Jigsaw & Relationships, Sex and Health Education (RSHE)

Tuesday 6th June 2023

Hassocks Infant School

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Aims and objectives:

- Inform your understanding of Relationships, Sex and Health Education (RSHE);
- Increase your understanding of why this is a vital area of the curriculum in today's society;
- Inform you of our approach to this at Hassocks Infant School and our statutory duty;
- Inform you of the work going on within West Sussex to develop this area of the curriculum and our school's journey;
- Share our Jigsaw Time approach – the how, what, why and when?
- Provide an opportunity for you to feedback ways that we can further support your children's emotional wellbeing .

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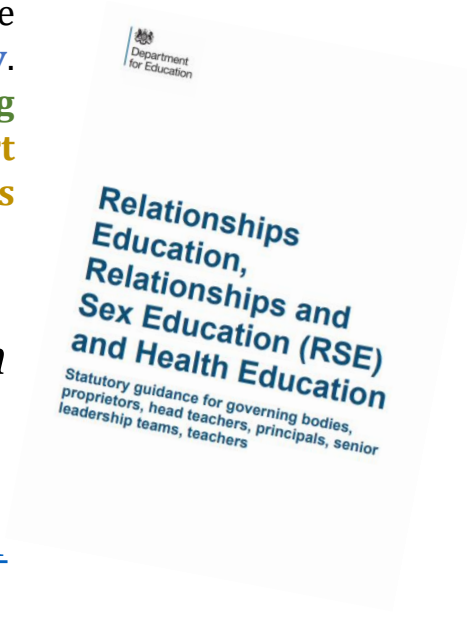


The DfE says a RSHE curriculum is needed...

"To embrace the challenges of **creating a happy and successful adult life**, pupils need knowledge that will enable them to make **informed decisions about their wellbeing, health and relationships and to build their self-efficacy**. Pupils can also put this knowledge into practice as they **develop the capacity to make sound decisions when facing risks, challenges and complex contexts**. Everyone faces difficult situations in their lives. These subjects can **support young people to develop resilience, to know how and when to ask for help, and to know where to access support**."

Relationships Education, Relationships and Sex Education(RSE) and Health Education
(DfE,2021)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf



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What is Relationships, Sex and Health Education (RSHE)?

See Parent Handbook & Handout

By the end of primary school children must cover the following areas (DfE,2021):

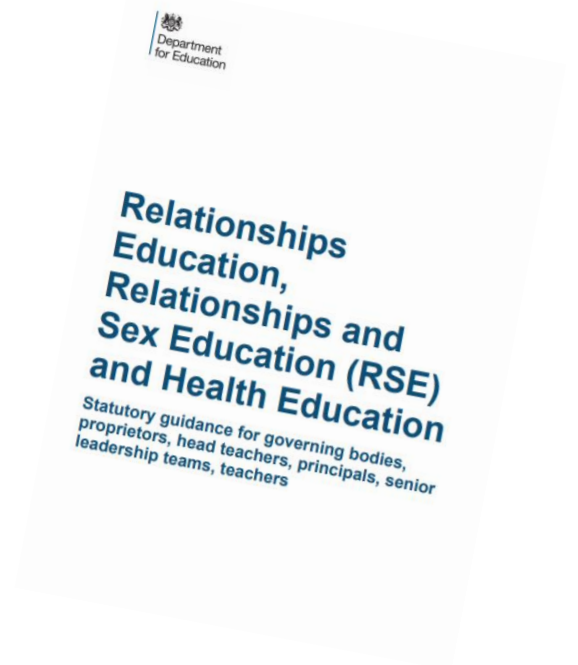
Families and people who care for me

Respectful relationships

Being safe

Caring friendships

Online relationships



Your handout fully explains what the DfE say must be covered in each of these areas. Please bear in mind that this is what they must cover by the end of Primary School (end of Year 6). We will share with you a little later, the parts of this that we will cover at Hassocks Infant School.

What is required?

15. All schools must have an up-to-date policy, which is made available to parents and others. Schools must provide a copy of the policy free of charge to anyone who asks for one and should publish the policy on the school website⁸.

16. The policy should:

<i>Policies for mandatory subjects</i>		<i>Policy for non-mandatory subjects</i>
For primary education⁹	For secondary education	For primary schools that may choose to teach sex education
Define Relationships Education	Define Relationships and Sex Education	Define any sex education they choose to teach other than that covered in the science curriculum.
Set out the subject content, how it is taught and who is responsible for teaching it.		
Describe how the subject is monitored and evaluated.		
Include information to clarify why parents <i>do not</i> have a right to withdraw their child.	Include information about a parent's right to request that their child be excused from sex education within RSE only.	Include information about a parent's right to request that their child be excused.

From September 2020 RSHE became compulsory.



Why?

Children & young people

Mental health problems often develop early

1/10

children aged 5-16 have a diagnosable condition



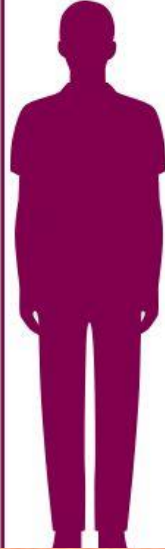
1/2

of all mental health problems are established by the age of 14



3/4

of all mental health problems are established by the age of 24



Source: The five year

56%

of children say they worry all the time about something.

Children who get less sleep are more likely to feel worries get in the way of school work.

CHILDREN'S MENTAL HEALTH KEY STATISTICS, ENGLAND

Diagnosed disorders



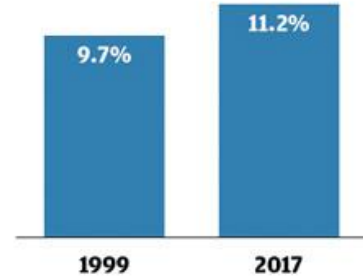
5-19 year olds have at least one mental disorder

Distress levels

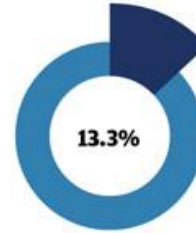


school pupils experience high levels of distress

Mental disorders, 5-15 year olds

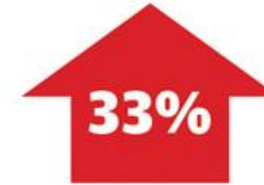


Mental health in schools



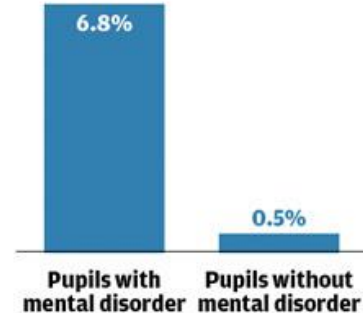
of the average school class of 30 pupils could have a mental disorder

School referrals



rise in referrals to specialist services for pupils needing treatment between 2014/15 and 2017/18

School exclusions rates



Source: ONS, 2017; BJP, 2019; PHE, 2018; NHS Digital, 2018

1 in 8 children aged 5- to 19-years-old had at least one mental health disorder

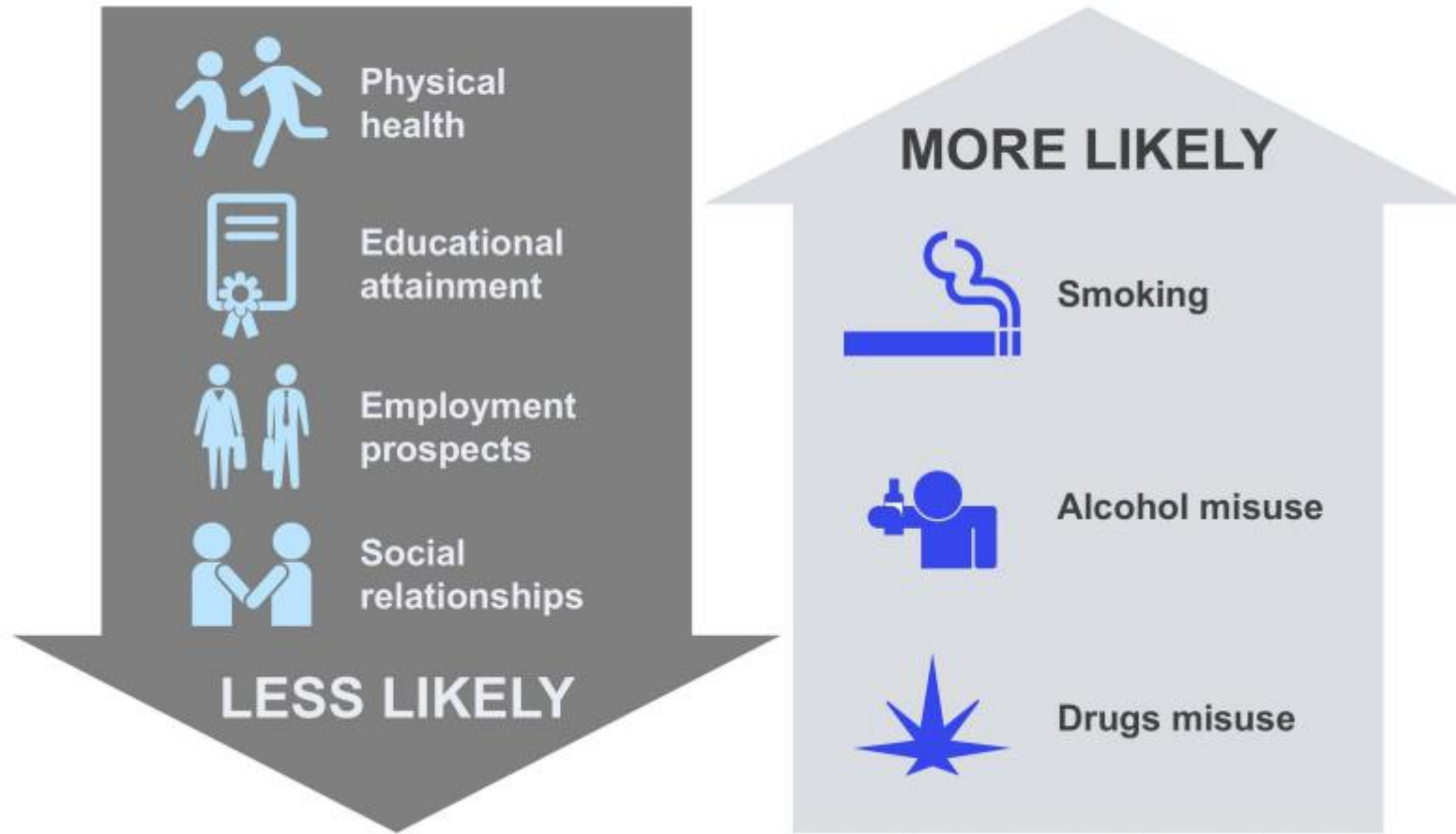
In England in 2017



Source: Mental Health of Children and Young People in England, 2017

Office for National Statistics

Mental health illnesses are a **leading** cause of health-related disabilities in CYP and can have **adverse** and **long-lasting** effects



How do we implement PSHE at Hassocks Infant School?



Child Voice

Education 4 Safeguarding



Staff Voice



Parent Voice

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West Sussex Safety Curriculum – E4S

West Sussex recognise there is a national crisis – work is being undertaken with key partners in education, health, and contextual safeguarding teams, to provide a holistic approach (The E4S approach)

West Sussex believe RSHE can help schools significantly improve pupils' capacity to learn and achieve and that E4S will support to do this.

It is intended to become a universal provision for schools and designed to enable us to develop a needs based curriculum whilst ensuring we are covering all the RSHE expectations.

“By enabling our children and young people to develop their own skills, knowledge and understanding of how to be who they are, understand the world they are growing up in and how to keep themselves safe in all areas of the world, we believe that we are giving each and everyone of them the best chance for their lives ahead”.

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Jigsaw "Changing Me"

- Age appropriate
- Progressive
- Whole-school approach
- Supports transition



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Reception

Jigsaw / Materials / PSHE Primary / Ages 4 - 5 / Changing Me



1. My Body



2. Respecting My Body



3. Growing Up



4. Fun and Fears
Part 1



5. Fun and Fears
Part 2



6. Celebration

Reception

Belong, feelings, similar, different, special, kind, unkind, friend, stand up for self, working with others, gentle, rights, responsible, challenge, achieve, goal (target), encourage, exercise, healthy, body, moving, resting, sleep hygiene, job, lonely, problems, calm, feelings, grow, worries, memories, stranger.

Body parts: general body parts e.g. hands, feet, legs, arms etc.

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Year 1

Jigsaw / Materials / PSHE Primary / Ages 5 - 6 / Changing Me



1. Life Cycles



2. Changing Me



3. My Changing Body



4. Boys' and Girls' Bodies



5. Learning and Growing



6. Coping with Changes

Year 1

Special, safe, responsibilities, belong, rights, safe, proud, contribute, feelings, consequences, choices, similarities, differences, bullying, talk, unhappy, bullied, friends, celebrating, goals, success, achieve, achieving together, tackle, challenges, obstacles, overcome, healthy choices, healthy, unhealthy, lifestyle, germs, disease, illness, medicine, poorly, medicine, road, crossing, safety, family, belong, important, different types, friend, physical contact, acceptable, unacceptable, community, qualities, praise, express, appreciate, life cycle, changes, grow, private, life.

Body parts: As above and the following private body parts - penis, testicles, vagina, anus.

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Year 2

Jigsaw / Materials / PSHE Primary / Ages 6 - 7 / Changing Me



1. Life Cycles in Nature



2. Growing from Young to Old



3. The Changing Me



4. Boy's and Girls' Bodies



5. Assertiveness



6. Looking Ahead

Year 2

Worried, hopes, fears, rights, responsibilities, safe, fair, listen, contribute, rewards, consequences, cooperatively, choices, stereotypes, gender, assumptions, bullying, bullied, wring, judge, being different, unique, special, realistic goal, achieve, persevering, difficult, working together, problems, healthy, motivated, healthy lifestyle, relaxed, stressed, weak, strong, medicine, safely, healthy relationships, snacks, body, energy, nutritious, identify, value, family, cooperate, share, physical contact, acceptable, unacceptable, conflict, resolve, secret, trust, appreciate, community, cycles of life, changes, natural, growing, changes, continuum of young to old, independent, physical differences (boys and girls), types of touch, saying no.

Body parts: As above and the following private body parts - penis, anus, testicles, vagina, vulva.

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Questions?



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Feedback

Please scan the QR code on your mobile phone which will take you to a short feedback form. We welcome your feedback!

RSHE Parent Workshop Feedback
Form - 6th June 2023



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