

Personal, Social, Health Education **at Epsom Primary and Nursery School**

At Epsom Primary and Nursery School, we teach Personal, Social, Health Education as a whole school approach to underpin children's development as people. We believe that this also supports their learning capacity. This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children. We value PSHE as one way to support children's development as human beings, enable them to understand and respect who they are, empower them with a voice, and equip them for life and learning.

PSHE Education helps children and young people acquire the knowledge, understanding and skills they need to manage their lives – now and in the future successfully. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

At Epsom Primary and Nursery School, we follow the Jigsaw PSHE Scheme of work. The programme brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own level. Each Puzzle starts with an initial assembly, generating a whole school focus for adults and children alike.

There is a strong emphasis on emotional well-being and mental health in each PSHE lesson. Your child is used to doing Calm Me Time at the beginning of each Jigsaw lesson. You may listen to This Calm Me audio at home. It is intended to be listened to with another member of your family (in family pairs).

Visit <https://families.jigsawpshe.com/stuck-at-home/> to access Jigsaw resources at home.



At Epsom Primary and Nursery School, we promote mental health and emotional well-being in every lesson and through a range of events throughout the school year. Every year in October, we host a food collection when our families may support local people in crisis and donate food to Epsom and Ewell Foodbank. Another way to bring everyone's attention to the importance of healthy relationships and taking care of people around us is by joining the rest of the country for Odd Socks Day and Anti-Bullying Week. Let's not forget about Sport Relief and Children in Need; they are children's favourite events of all!