



Helping your child with Personal, Social, Health Education (PSHE)



What is your child learning?



At Doddinghurst Infant School we follow the JIGSAW PSHE scheme.

This scheme is designed to help children develop social skills, improve behaviour, reinforce good behaviour and to build a positive climate for learning, working within the following areas:

- Being me in my world
- Celebrating difference
- Dreams & goals
- Healthy me
- Relationships
- Changing me

The children will be working through a range of topics within the above areas, throughout the year.

National Curriculum

Key Stage 1

The Doddinghurst Infant School PSHE curriculum helps children to develop behaviours which enable them to:

- Become effective and successful learners
- Make and sustain friendships
- Deal with and resolve conflict effectively
- Solve problems, with others or by themselves
- Manage strong feelings such as frustration, anger and anxiety
- Work and play co-operatively



How can I help at home?

Parents and carers are the key to children's social, emotional and behavioural learning.

You are the expert on your own child, and your knowledge about your child's developing skills can provide valuable information about what is working and needed.

It is important that you encourage your child to view their opinions and most importantly listen to their worries and concerns.



The School Council

At Doddinghurst Infant School we aim to encourage pupils to develop leadership skills and personal qualities to enable them to act as positive role models.

Each class has a representative on the School Council. The School Council's responsibilities include gathering pupils' views on issues such as School Dinners and Bullying.

You can provide your support by:

- Helping your child to respond to questionnaires sent out.
- Encouraging your child to speak out about issues affecting their well-being in school.

