

## **PSHE statement of intent**

### **The Vine School 2024-2025**

#### **Intent**

At The Vines, our PSHE curriculum is designed to support the holistic development of every child from the Early Years Foundation Stage (EYFS) through to Year 6. We aim to foster a safe, inclusive, and nurturing environment where students can thrive emotionally, socially, and personally. Our intent is to provide a well-rounded education that promotes the fundamental values and skills necessary for our students to become responsible, empathetic, and confident individuals.

#### **Implementation Statement**

At The Vines, we implement a robust PSHE curriculum through a blend of the Jigsaw scheme, the My Happy Mind program, and Votes 4 Schools, creating a comprehensive approach to personal, social, health, and emotional education. This multifaceted strategy ensures that our pupils not only develop essential life skills, resilience, and emotional literacy but are also actively engaged in discussions on societal issues, equipping them to navigate the challenges of modern life.

##### **- Jigsaw Scheme Implementation:**

The Jigsaw scheme forms the backbone of our PSHE curriculum, structured around six core units or 'puzzles': Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships, and Changing Me. These units progressively build students' understanding of key themes such as emotional well-being, diversity, aspirations, relationships, and physical and mental health. Each lesson begins with mindfulness practices, helping students develop emotional regulation, focus, and self-awareness. Jigsaw lessons offer an interactive, inclusive environment where students can engage with real-life issues, reflecting on their personal experiences while exploring broader societal contexts.

As children advance through the school, the Jigsaw curriculum deepens their comprehension of PSHE themes, preparing them for the complexities of adulthood. The scheme also fulfils statutory requirements for Relationships and Health Education, providing vital knowledge about healthy relationships, self-care, and overall well-being.

##### **- My Happy Mind Integration:**

Complementing Jigsaw, we implement the My Happy Mind program, a mental health and well-being initiative grounded in neuroscience. This program focuses on helping children develop habits that support a growth mindset, emotional resilience, and positive mental health. Organised around five key areas—Meet Your Brain, Celebrate, Appreciate, Relate, and Engage—My Happy Mind aligns with core psychological principles of well-being and happiness.

By embedding these sessions into the school day, we ensure that students regularly practice gratitude, recognize their strengths, build healthy relationships, and gain a deeper understanding of the brain's role in managing emotions. These lessons reinforce the mental health strategies and mindfulness practices taught in Jigsaw, further enhancing students' emotional and social development.

##### **- Votes 4 Schools Integration:**

To broaden our PSHE curriculum and promote active citizenship, we also incorporate Votes 4 Schools. This initiative empowers students to participate in weekly debates on current and relevant

topics, allowing them to engage with critical social and political issues in a structured and supportive environment. The program encourages pupils to develop informed opinions, articulate their views, and participate in democratic processes, fostering a sense of responsibility and leadership.

By voting on real-world topics, students learn about different perspectives, build confidence in expressing their ideas, and develop critical thinking skills. This active engagement helps students understand their role as citizens, preparing them to contribute meaningfully to society.

**Overall Approach:**

The combined implementation of Jigsaw, My Happy Mind, and Votes 4 Schools provides a cohesive and enriching PSHE curriculum. Jigsaw enables children to explore key personal and social issues, My Happy Mind equips them with practical mental health strategies, and Votes 4 Schools encourages them to engage with societal issues through debate and discussion. Together, these programs ensure that pupils are not only learning how to navigate relationships, manage emotions, and stay healthy, but also developing the resilience, emotional intelligence, and civic awareness needed to thrive in an increasingly complex world.

By fostering an inclusive and supportive environment that promotes self-awareness, respect, and kindness, The Vines prepares its students to excel both academically and personally, while nurturing future citizens who are informed, resilient, and socially conscious.

### **Impact**

The implementation of the PSHE curriculum at The Vines, through the integration of the Jigsaw scheme, My Happy Mind program, and Votes 4 Schools, has significantly enriched our students' personal, social, and emotional development. This comprehensive approach has had a wide-reaching impact on their well-being, resilience, and ability to navigate the complexities of modern life, while also fostering a strong sense of citizenship and responsibility.

#### **- Impact of the Jigsaw Scheme:**

The Jigsaw scheme, with its six core units, has provided our students with a consistent and progressive framework to explore key aspects of personal and social development. Each lesson starts with mindfulness practices, which have greatly contributed to enhancing emotional regulation, self-awareness, and focus among pupils. The safe, interactive environment encourages open discussion, enabling children to reflect on real-life challenges and develop empathy and understanding for diverse perspectives.

As students progress through the school, the depth and breadth of their understanding of critical PSHE themes—such as emotional well-being, relationships, diversity, aspirations, and health—has grown considerably. The Jigsaw curriculum not only meets statutory requirements for Relationships and Health Education but goes beyond, empowering students with knowledge and tools that equip them for the demands of adulthood. The positive impact of this is evident in improved student self-confidence, stronger peer relationships, and enhanced emotional literacy, preparing them for future challenges in both their personal and academic lives.

#### **- Impact of My Happy Mind:**

My Happy Mind has had a transformative effect on the mental well-being of our students by instilling practices grounded in neuroscience. The program has equipped students with a clearer understanding of their brain's role in managing emotions, helping them develop resilience and maintain a positive mental outlook. Through the five key areas—Meet Your Brain, Celebrate,

Appreciate, Relate, and Engage—students have gained crucial habits that reinforce gratitude, strength recognition, and emotional regulation.

The integration of My Happy Mind into the daily school routine has allowed students to consistently practice positive mental health strategies, such as recognizing their own strengths and showing gratitude for others. These lessons have enhanced our students' overall well-being, enabling them to manage stress and anxiety more effectively. The growth mindset fostered by My Happy Mind has been key in building a resilient and mentally strong student body, ready to face challenges with confidence and optimism.

- Impact of Votes 4 Schools:

The Votes 4 Schools program has been instrumental in fostering active citizenship among our students, giving them the platform to engage with real-world issues and encouraging them to think critically about society. Through weekly debates on relevant topics, students have developed their ability to articulate opinions, listen to others, and participate meaningfully in discussions. This exposure to societal and political issues has empowered them to understand their role in the wider world and think about their own contributions to society.

By engaging with diverse perspectives and participating in democratic processes through voting, students have gained confidence in expressing their views and developed leadership skills. The program has also instilled in them a strong sense of responsibility, fostering a deeper understanding of their civic duties and preparing them to contribute positively as informed, active citizens in the future.

Overall Impact:

The combined implementation of the Jigsaw scheme, My Happy Mind, and Votes 4 Schools has created a well-rounded, enriching PSHE curriculum that not only addresses personal and social education but also prioritizes mental health and active citizenship. This holistic approach has nurtured a generation of students who are emotionally literate, resilient, and equipped with the necessary life skills to thrive in today's ever-evolving world.

Through Jigsaw, our students have developed essential social and emotional competencies, while My Happy Mind has strengthened their mental health and emotional resilience. Votes 4 Schools has empowered them to engage with societal issues, cultivating leadership, critical thinking, and civic awareness. Together, these programs have fostered a school environment that promotes respect, kindness, and self-awareness, ensuring that students are prepared to excel academically and personally.

Long-term Impact:

By implementing this multifaceted approach to PSHE, The Vines has laid a strong foundation for the long-term well-being and success of its students. The combination of emotional literacy, resilience, and active citizenship ensures that our students are well-prepared to navigate the complexities of adulthood, make informed decisions, and positively impact society.

Through this comprehensive curriculum, we are shaping future leaders and responsible citizens who are equipped not only to succeed in their personal and academic pursuits but also to contribute meaningfully to the broader community, thus creating a lasting positive impact on both individual lives and society as a whole.