



Special Edition PSHE Newsletter



*'PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. PSHE education helps pupils' to manage many of the most critical opportunities, challenges and responsibilities they will face growing up' **PHSE Association.***



At Stillness Juniors, PSHE is considered across the curriculum and is a fundamental part of the children's school experience. Children are taught the importance of a Growth Mind-set which supports their self-belief, resilience, perseverance and supports success across the wider curriculum in social contexts. In addition, the emphasis on PSHE across the work of the school, Personal, Social, Health and Economic Education, is taught explicitly as part of the whole-school approach. We believe that successful PSHE supports children's learning capacity and this aspect of the school's work is held in high regard as we believe that it promotes wellbeing and underpins children's development as people.



Here at Stillness Juniors, we follow the Jigsaw scheme of work, the mindful approach to PSHE. The Jigsaw scheme is structured as 6 units or "Puzzles" one for each half term.





Autumn 1: **Being Me in My World**

Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.



Autumn 2: **Celebrating Difference**

Includes anti-bullying (cyber and homophobic bullying included) and understanding



Spring 1: **Dreams and Goals**

Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society



Spring 2: **Healthy Me**

Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise



Summer 1: **Relationships**

Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss



Summer 2: **Changing Me**

Includes Relationships and Sex Education in the context of coping positively with change.



The table above gives the learning theme of each of the six Puzzles (units) that are taught across the school; the learning deepens and broadens every year.



At Stillness Juniors, PSHE lessons are taught every week. This ensures that we are able to teach the PSHE knowledge and skills in a developmental and age-appropriate way.





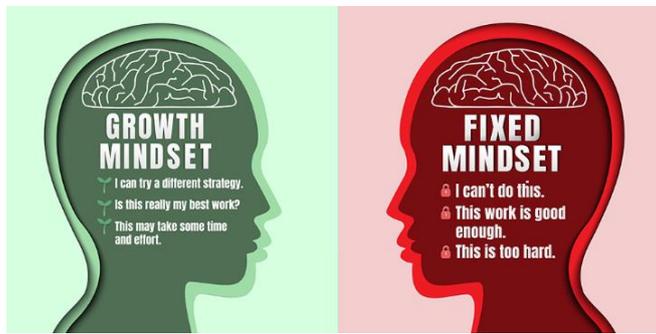
Growth Mindset vs Fixed Mindset



Fixed Mind-set: People with a fixed mind-set believe their basic qualities like their intelligence or talent are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort



Growth Mind-set: People with a growth mind-set believe that their most basic abilities can be developed through dedication and hard work, brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.



At Stillness Juniors we regularly give out Growth Mindset Certificates to encourage the children and remind them that they can achieve anything with the right mindset and hard.





Red Nose Day



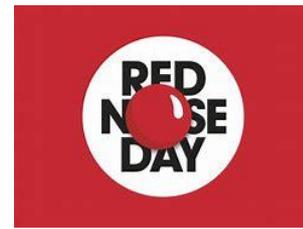
On the 17th March we came together to

celebrate Red Nose Day with some very special videos.

This is an annual fund raising campaign to end the cycle of child poverty and ensure a healthy

future for all children. The children

looked amazing in red and a great day was had by all.





Special days and Assemblies



Every year at Stillness we have special assemblies as part of our PSHE curriculum. This year so far we have had assemblies for:

- Anti-Bullying Week
- Odd Sock Day
- Road Safety Awareness
- Chinese New Year
- Martin Luther King Day
- NSPCC (Speak Out. Stay Safe)

