What is PSHE Education?

PSHE Education is a planned programme of learning that helps children and young people gain the knowledge, understanding and skills they need to manage their lives – both now and in the future.
As part of a whole-school approach, PSHE Education supports pupils to develop the qualities and attributes they need to thrive as individuals, family members and active members of society. This can include learning about:

- Economic wellbeing
- Careers and enterprise education
- Personal safety
- Health and relationships

It is a statutory requirement for schools to teach Relationships and Sex Education (RSE) and Health Education at Key Stages 3 and 4. Schools also have legal duties to safeguard pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010).

PSHE at Moon Hall

At Moon Hall, we hold a PSHE Day every half term, during which the usual curriculum is suspended so that pupils can immerse themselves fully in their PSHE learning. This dedicated time provides valuable opportunities for children to engage deeply with important themes and develop their understanding in a meaningful way.

We deliver our PSHE curriculum through an adapted version of the Jigsaw Programme. Jigsaw supports all statutory requirements and places children's wellbeing at its heart. As a whole-school approach, it combines a positive philosophy with creative teaching and learning activities, helping pupils develop into compassionate, well-rounded individuals while building their confidence, resilience and capacity to learn.

Our PSHE curriculum is tailored to meet the specific learning needs of our pupils. This includes:

- Pre-teaching key vocabulary
- Adjusting slides and resources to aid understanding
- Delivering content through practical workshops and inviting external speakers

In addition to Jigsaw, we adapt our curriculum to respond to current issues affecting our pupils. For example, when there was an increase in knife crime reported in West Sussex and Surrey, we arranged a workshop with a guest speaker to address the topic directly and appropriately.
The following pages will guide you as to when PSHE Days are and what the planned topics are.

Term	Date	Topic
Autumn (1)	Monday 28 September	Being Me
Autumn (2)	Friday 13 November	Celebrating Difference
Spring (1)	Wednesday 3 February	Dreams and Goals
Spring (2)	Thursday 11 March	Healthy Me
Summer (1)	Tuesday 25 May	Relationships
Summer (2)	Tuesday 22 June	Changing Me

Please come dressed in games kit, unless otherwise told as we often have active workshops planned.

What will your child be learning in Year 7

Term	Topic Title	Main Sub-topics
Autumn (1)	Being Me	Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, child-on-child abuse, online safety, sexting, consequences, online legislation, online identity, Online gaming-safety and financial risks.
Autumn (2)	Celebrating Difference	Prejudice & discrimination, Equality Act 2010, bystanders, assertiveness, positive and negative Influences, challenging attitude and negative behaviours, stereotypes, Human Rights, Inclusion, bullying, exclusion and respect.
Spring (1)	Dreams and Goals	Defining success, setting dreams and goals, skills for the future, what is failure, coping strategies for when things go wrong, building skills for the future and teamwork, health and wellbeing, gang culture and knife crime, county lines.
Spring (2)	Healthy Me	Nutrition and exercise, managing physical activity and mental health, stress and anxiety, effects of substances (nicotine and caffeine), vaping, nutrition, sleep, health choices, physical illness and medicine, personal hygiene, contributing to your community.
Summer (1)	Relationships	Changing relationships, consent, healthy relationships, falling out and friendships, social media vs reality, authenticity online, personal space and setting boundaries, healthy and unhealthy relationships.
Summer (2)	Changing Me	Puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships and families, UN Rights of a child, media and self-esteem, self-image, FGM, factors affecting hormones and moods.

Should your child be out on a trip that is not linked to the learning targets above, topics will be covered during form time.

We are committed to ensuring that every child feels supported, informed, and empowered to make safe and positive choices in all aspects of their lives, both now and in the future. If you have any questions about our PSHE curriculum or the topics we cover, please do not hesitate to get in touch.