



ACE'S Spotlight on a Subject

Spring Term 2024

PSHE

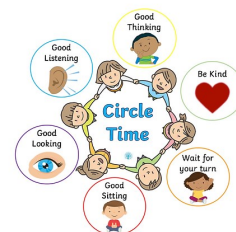
How is PSHE taught at ACE?

Personal, Social, Health and Economic education, (which includes Relationships and Sex Education) is taught using the Jigsaw PSHE programme. All year groups teach the same “puzzle” at a level that is age appropriate for that year group.

The 6 Jigsaw puzzles are :

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me

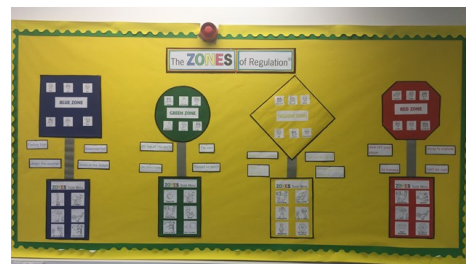
We want our children to be happy and confident learners, with a strong sense of self identity and a positive attitude. We aim to give them the knowledge, understanding and skills needed to live happy, healthy and successful lives, now and in the future.



Recent Learning across the school

As a school, we put relationships at the heart of who we are and what we do. In September, we introduced “Connecting Circles” to the children. They happen on a Monday for 20 minutes and ensure that a new week of learning gets off to a positive start.

Alongside this, we have also been teaching the children how to recognise and name their emotions and to teach them strategies to help manage these sometimes overwhelming emotions. We follow “The Zones of Regulation” programme, which encourages children to talk about which colour zone they are in and how they can get back to the green zone, the good to go zone! Your children will be able to share more about this with you.



How can you support your child at home?

Use confidence-building strategies



Reframe struggles as opportunities to grow

Practice coping strategies when calm



Check-in with emotions on a regular basis

