

# Moorlands Junior School

## PSHE Recovery Curriculum Overview

At Moorlands, we will continue to follow the Jigsaw Scheme of work for PSHE from the beginning of term. In addition to this, we are supporting children returning to school by using a recovery curriculum from Jigsaw and we have implemented a wellbeing session into our weekly timetable. This will include the recovery package from Jigsaw and other activities based around meditation and mindfulness.

We are very aware that the Covid 19 pandemic has caused disruption and will have had all sorts of impact on the children, therefore we will be using some additional materials that we hope may help as children return to school. Some children will be eager to get back to the safety and predictability that school provides for them, others may be anxious or not want to come back. A safe, calm, caring, welcoming school community will offer routine and solidity.

The Jigsaw 'Recovery' Package comprises:

- Welcome back to school including a temporary Jigsaw Charter to support respect for personal space (social distancing), hygiene, etc.
- Belonging and feeling safe at school
- Reconnecting with friends at school
- The Coronavirus explained and keeping safe and well
- Managing worries, fears and anxieties
- Being positive and looking forward to learning
- Gratitude and appreciation
- Loss and bereavement

Below is a map showing which Jigsaw lessons could offer support for specific topics related to returning to school;

Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Feeling safe	Age 3-4/Piece 2 Age 5-6/Piece 1 Age 7-8/Piece 2			Age 7-8/Pieces 4&5 Age 10-11/ Pieces 5&6	Age 5-6/Piece 4 Age 6-7/Piece 5 Age 10-11/ Piece 3	Age 8-9/Piece 5&6
Reconnecting with friends and school (BMIMW)	Age 3-4/Piece 3 Age 4-5/Piece 3 Age 5-6/Piece 2 Age 7-8/Piece 2 Age 8-9/Piece 1 Age 9-10/Piece 1 Age 10-11/ Piece 1	Age 3-4/Piece 5 Age 4-5/Piece		Age 8-9/Piece 1	Age 3-4/Piece 6 Age 4-5/Piece 6 Ages 8-9/Piece 4	
Keeping healthy (hygiene and hand washing)				Age 3-4, Piece 5 Age 4-5/Piece 5 Age 5-6/Piece 3		
Dealing with worries/ anxiety	Age 6-7/Piece 1 Age 7-8/Piece 2	Age 7-8/Piece 2		Age 10-11/ Pieces 5&6	Age 10-11/ Piece 3	Age 3-4 Piece 5 Age 4-5/Pieces 4&5 Age 5-6/Piece 6 Age 7-8/Piece 6 Age 8-9/Piece 5&6 Age 9-10/Pieces 5&6 Age 10-11/ Piece 6
Gratitude and appreciation/ positive thinking			Age 7-8/Piece 2 Age 8-9/Piece 4 Age 10-11/ Piece 2	Age 10-11/ Piece 1	Age 5-6/ Piece 6	Age 7-8/Piece 6 Age 8-9/Piece 6 Age 10-11/ Piece 6
Loss and bereavement			Age 8-9/Pieces 2&3	Age 10-11/ Pieces 5&6	Age 8-9/Pieces 2&3 Age 10-11/ Piece 3	Age 9-10/Piece 6