

JENNY MOSLEY'S WHOLE SCHOOL PROGRAMME OF PSHE THROUGH CIRCLE TIME

WHY DELIVER PSHE THROUGH CIRCLE TIME?

Personal, Social and Health Education (PSHE), as a planned, developmental programme of learning, is a very important area which differs in nature from many academic subjects and other areas covered in school. Key areas of PSHE can be sensitive in terms of content and benefit from full discussions and activities to help pupils learn, understand and explore more fully.

Circle Time is a tried and tested safe discussion forum and an ideal approach for introducing PSHE topics. Circle Time helps children to develop good relationships with each other and to feel, part of their class team. It helps build a sense of community and belonging and the activities help children mingle so that they work with different members of the class which also helps to build successful relationships and sharing of ideas.

Whilst Circle Time is great for exploring all topics in a safe, face-to-face forum, it is particularly beneficial for the Relationships and Sex Education recommendations from the DfE to be discussed in this way.

The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success. Taking a whole school approach to health and well-being is linked to pupils' readiness to learn. A recent review of the link between pupil health and wellbeing and attainment advocated promotion of health and well-being as an essential element of a school's effectiveness strategy (Public Health England, 2014). (DfE 2015 Personal, social health and economic (PSHE) education: a review of impact and effective practice)

WHAT'S IN THE PSHE PACK?

Here We Go Round by Jenny Mosley and Helen Sonnet (New Edition)

For Nurseries and Reception Classes.

Two Years of Successful Circle Time by Pat Child

For Years One and Two.

Step-by-Step Guide to Circle Time by Jenny Mosley

For Years Three and Four – and useful for other year groups too.

Quality Circle Time in the Primary Classroom by Jenny Mosley

For Years Five and Six (but relevant to other year groups too).

Bridging the Circle by Anne Cowling and Penny Vine

For Transition to Secondary School.

WHAT DO EACH OF THE BOOKS IN THIS PROGRAMME COVER?

Here We Go Round: Quality Circle Time for 3-5 year olds by Jenny Mosley and Helen Sonnet (New Revised Edition) for 3 - 5 year olds

This book brings to the PSHE Programme the following for Early Years practitioners and children. The Circle Time activities in this book address the following areas of learning:

- Personal, social and emotional development
 - Making relationships
 - Self-confidence and self-awareness
 - Managing feelings and behaviour
- Communication and language
 - Listening and attention
 - Understanding
 - Speaking
- Physical development
 - Moving and handling
 - Health and self-care
- Literacy
- Understanding the world
- Expressive arts and design

Two Years of Successful Circle Time by Pat Child for Years 1 and 2

This book brings to the PSHE Programme the following information and ideas for teachers and practitioners of children in Years 1 and 2. The book contains tried and tested session plans each with its own focus, and the sessions are designed to encourage development of the following:

- Self-esteem
- Listening and concentrating skills
- Positive relationships
- Self-discipline
- 'Feel good' factor
- Co-operation
- Effective communication
- Conflict resolution
- Sensitivity
- Empathy
- Ability to talk about and express feelings appropriately
- Inner locus of control – being responsible for own actions
- Learning from others
- Problem solving skills

Step-by-Step Guide to Circle Time by Jenny Mosley for Years 3 and 4

This book brings to the PSHE Programme the following information and ideas primarily for teachers of children in Years 3 and 4. It includes useful notes on the 5 Steps of Circle Time and getting ready for Circle Time. The session plans are arranged in the following themes:

- The 5 skills for learning
- New beginnings
- Getting on and falling out
- Say no to bullying
- Going for goals
- Good to be me
- Relationships
- Changes

Quality Circle Time in the Primary Classroom by Jenny Mosley for Years 5 and 6

This book brings to the PSHE Programme the following information and ideas primarily for teachers of children in Years 5 and 6, but much of the book is relevant for all primary age groups:

- Getting to know you
- Listening and concentrating
- Feelings
- Being kind
- Friendship
- Co-operation
- Solving problems
- Resolving conflict
- Achieving
- Changes
- Just for fun

Bridging the Circle by Anne Cowling and Penny Vine for Years 6 and 7

This book brings to the PSHE Programme the following information and ideas for teachers and children in Years 6 and 7 together with strategies and practical session plans to support the often intimidating transition from primary to secondary school. This areas covered in this book include:

- Looking back - what have I achieved?
- Looking forward - what can I achieve?
- Losses and gains
- Examining fears involved
- How can I recognise when I need help?
- Ending and beginning
- How are my friendships changing?
- How am I doing so far?
- Taster day

JENNY MOSLEY'S PSHE THROUGH CIRCLE TIME WHOLE SCHOOL PROGRAMME

PSHE consists of diverse and sensitive concepts that lend themselves well to being introduced in creative ways. It should not be delivered via worksheets or white boards, but via processes of engagement and active discussion. This PSHE Programme through Circle Time brings everything you need to create safe but exciting Circle Time forums for introducing and working through PSHE programmes from entry level topics to more complex, sensitive and personal work. Through building up a system of trust and safety in a Circle where everyone can have a say and where nobody is named in a negative way, topics can be approached and discussed in effective ways. The books in this Programme bring a diversity of session plans and activities that approach many different areas of relevance to PSHE, in ways that are appropriate for different primary school age groups. Through this unique approach, PSHE programmes can be effectively worked through in ways that engage and involve the children.

