Personal, Emotional, Health and Economic Education (PSHE) Policy

October 2026

Approved by TLP Committee October 2026

To be reviewed October 2027

Personal, Social, Health and Economic Education (PSHE)

School ethos/ rationale

Personal, Social, Health and Economic Education is a distinct curriculum subject and has both statutory and non-statutory elements as defined by the DfE. High quality PSHE education supports pupils' personal, social, health and economic development, helps to give them the knowledge, skills, strategies and attributes to make informed choices and decisions about the different opportunities and challenges life presents. Pupils will learn about relationships, health and wellbeing, keeping safe, managing their off and online lives, living in the wider world and financial education at an age appropriate level. Providing a high quality PSHE curriculum gives pupils opportunities to explore issues that are real and relevant to them in their daily lives in a safe and managed environment.

At Foxes Piece School, we believe children's wellbeing, happiness and safety are our first priority, and PSHE is the key vehicle through which we share this with children. We regard PSHE as an important, integral component of the whole curriculum; it is central to our approach and at the core of our ethos. Furthermore, we believe our PSHE teaching would give our children the skills and understanding to become healthy, secure, independent and responsible members of society.

Our PSHE curriculum is broad and balanced, ensuring that it:

- Gives every child a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.
- Provides information about keeping healthy and safe, emotionally and physically;
- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society;
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life;
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

The aim of this policy is to:

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching PSHE Education;
- Help parents and carers to understand PSHE Education and support them to work with their child to secure the very best outcomes for all pupils;
- Demonstrate how the school meets legal requirements with regards to teaching Relationships Education, Sex Education and Health Education.

The Legalities

At Foxes Piece school we teach the statutory parts of PSHE – Relationships Education and Health Education through our PSHE curriculum. We also teach non-statutory Sex Education as part of PSHE provision (please see our Relationships and Sex education policy).

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools.

We comply with the 'Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance issued by the DfE.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education__Relationships_and_Sex_Education__RSE__and_Health_Education.pdf

Whilst primary schools are not mandated to provide sex education, we offer this as part of our PSHE curriculum in addition to the statutory elements of sex education contained in the science curriculum. We are required to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

We follow the DfE guidance for teaching PSHE (updated June 2019).

https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education

It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Relationships and Sex Education policy.

The curriculum

Intent - Why do we teach it?

We aim to provide high quality PSHE provision that will support pupils to develop life skills which will enable them to manage change, make healthy and safe choices, build character and be resilient, reflective and responsible members of society.

Our PSHE provision has been designed to be age appropriate, whilst being sensitive to the needs of our whole school community to ensure PSHE provision gives our pupils an education which will support them both now and in the future.

Our PSHE provision is underpinned by the 2010 Equalities Act and provides an inclusive curriculum that promotes understanding and mutual respect for all. We reflect diversity within our curriculum to ensure that no pupil feels excluded and teach pupils to understand, respect and celebrate difference and challenge stigma.

Our PSHE provision extends beyond the curriculum and includes themed days / weeks, assemblies and fully supports our school's ethos and values. PSHE is part of our school's broad and balanced curriculum supporting spiritual, moral, social and cultural education, citizenship, equalities, and safeguarding.

The personal, social, health and economic development of our pupils is a vital element of education and we aim to work collaboratively with parents/carers to ensure our children are well informed and supported to make healthy, safe and positive choices in all aspects of their daily lives.

Implementation - What, where and when is PSHE taught

At Foxes Piece school statutory Relationships Education and Health Education are taught as part of a structured PSHE curriculum. We also teach Economic Education and relevant themes to support our pupils to manage their lives both now and in the future.

At Foxes Piece school we use the PSHE Association's scheme of work for the planning and delivery of PSHE. The programme of study is adapted to provide a relevant and age appropriate curriculum. We also use the Christopher Winter Project scheme of work to teach RSE and Drugs and Alcohol education. A spiral curriculum is provided to ensure pupils are taught key aspects of PSHE at a relevant and age appropriate level and in line with their continuing personal, social and emotional development.

Relationships Education

Our PSHE curriculum covers statutory Relationships education (please see our Relationships and Sex education policy further details). Relationships Education in primary schools focuses on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults. By the end of primary school pupils will have been taught content on:

- Families and people who care for us;
- Caring friendships;
- Respectful relationships;
- Online relationships;
- Being safe;

Pupils will be taught Relationships Education from year 1 at an age appropriate level. Further details on what we are required to teach can be found at the end of this policy (DfE Relationships outcomes).

Sex Education

As part of our PSHE provision we teach sex education. This is an important and recommended aspect of the curriculum. As a non-statutory element of PSHE parents/carers have the right to excuse their child from designated sex education lessons. We encourage parents and carers to talk through any concerns they may have and make an informed choice about whether to exercise the right to excuse their child. Please see our Relationships and Sex education policy.

Health Education

We deliver statutory Health education through our PSHE curriculum. Health Education aims to teach pupils about physical and mental wellbeing and give pupils the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue with regards to themselves and others; pupils will be taught how to seek support as early as possible and from a safe and trusted source. By the end of primary school, pupils will have been taught content on:

- Mental wellbeing;
- Internet safety and harms;
- Physical health and fitness;
- Healthy eating;
- Facts and risks associated with drugs, alcohol and tobacco;
- Poor health prevention;
- Basic first aid
- Changing adolescent body*

*The changing adolescent body and puberty education is part of the statutory Health Education curriculum and is mandatory for all pupils. We teach the correct scientific names of all body parts. Introducing the scientific names of genitalia is recommended by the NSPCC, the PSHE Association and is recognised good practice, supporting the safeguarding of pupils.

DfE outcomes for Health Education can be found at the end of this policy.

Living in the wider world/Economic Education

Our PSHE curriculum covers Economic Education and Living in the Wider World. Pupils will learn about the importance of responsible behaviours and actions:

- Be responsible and independent members of the school community;
- Be positive and active members of a democratic society;
- Know about the importance of respecting and protecting the environment;
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues;
- Develop good relationships with other members of the school and the wider community;
- Know about where money comes from, keeping it safe and the importance of managing it effectively;
- Have a basic understanding of enterprise.

When / How

At Foxes Piece school PSHE is a taught subject. PSHE is timetabled once a week and delivered by class. The PSHE curriculum has been designed to help pupils develop their knowledge and skills over time, embedding learning to ensure pupils receive a relevant and age appropriate education to support them in their lives now and in the future PSHE is taught in units and the themes are available to view on the school website.

The are 3 core themes:

- Core Theme 1: Health and Wellbeing – Autumn Term
- Core Theme 2: Living in the Wider World – Spring Term
- Core Theme 3: Relationships – Summer Term

<u>Managing difficult Questions and confidentiality</u>

In PSHE pupils learn about personal safety and the law. Should a pupil make a disclosure to a member of staff this will be reported to a designated safeguarding lead and followed up in accordance with our disclosure procedures. Please see our safeguarding policy on the school website for further information.

All aspects of PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. Ground rules are agreed by the staff and pupils before the lesson begins and ae adhered to throughout the lesson. To ensure the content and delivery of PSHE education is appropriate and relevant to our pupils we use simple baselines to ascertain what pupils already know, and what they would like to learn. Distancing techniques are used in PSHE education, which provide depersonalised examples which support children to explore what is being taught without sharing their own personal experiences in the lesson. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for pupils who do not feel confident to ask questions or wish to have a separate conversation with a member of staff. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.

We also respect that some questions are better addressed at home with parents/carers and the school will share information with parents/carers on an individual basis should the need arise.

Whilst it is vital to have trust and openness, we cannot offer total confidentially to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures

Pupils with SEND

As far as is appropriate, pupils with special educational needs should follow the same PSHE education programme as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will have to be adapted. Teachers and/or learning support assistants work with individual pupils where required, and if appropriate. It is not the school's policy to withdraw pupils with special educational needs from PSHE education to catch up on other national curriculum subjects: these aspects of personal and social development are as important to all pupils as their academic achievement.

Impact

PSHE provision provides pupils with well-chosen opportunities and contexts to explore and embed new knowledge that can be used confidently in real life situations:

- Pupils are able to form healthy, happy relationships with other children and adults and recognise the features of unhealthy relationships and have strategies to challenge negative behaviour of others and seek help when needed;
- Pupils know how and when to ask for ask for help and where to access support;
- Pupils are well informed and recognise the risks they may encounter both on and off line and are able to make safe choices;

- Pupils are enabled to take responsibility for their actions and understand the implications and consequences of their own decisions;
- Pupils are well prepared for the next steps of their lives;
- Pupils have the knowledge, skills and attributes to live healthy, happy lives;
- Pupils understand and respect differences between themselves and others.

Roles and Responsibilities

The Governing Body will approve the policy and hold the Headteacher to account for its implementation.

The Headteacher is responsible for ensuring PSHE is taught consistently across the school and for managing requests with regards to the parental right to excuse from non-statutory Sex Education.

The PSHE Curriculum Lead is responsible for leading and managing the subject. Teachers are responsible for delivering PSHE.

Pupils are expected to fully engage with PSHE provision and treat other with respect.

Monitoring, evaluation and training

PSHE provision will be monitored and evaluated by the PSHE Curriculum Lead, SLT and Governors in line with lesson observations, learning walks and feedback from staff and children.

The PSHE policy will be reviewed annually.

To ensure staff are confident to deliver all aspects of the PSHE curriculum, access to online, in school, local and national training will be made available and in accordance with the school's CPD programme for staff development.

At the beginning of the topic, pupils will complete a pre-topic assessment activity, which is then repeated at the end of the topic. This will enable pupils and teachers to understand and demonstrate the progress made. Pupils will also complete a self-reflection sheet at the end of each topic; to encourage self-evaluation and reflection on learning within the topic as a whole unit of work.

Working with parents

It is vital that parents and carers know what is being taught and how to support their child/children. The PSHE curriculum overview is published on the school website along with the PSHE policy and Relationships and Sex education policy.

We have an open-door policy for any parents/carers who wish to find out more about our PSHE provision. We consult with parents, carers through parent sessions to provide an ongoing process to ensure we all work together for the greatest benefit of the children. We understand that parents and carers may wish to approach the school to access help with concerns they may have about their child and where they can go to obtain further support.

Our PSHE policy and PSHE curriculum overview can be found on the school website. We welcome and encourage parents and carers to make an appointment with the class teacher or the headteacher to

discuss any aspect of the PSHE curriculum, or to raise any concerns they may have regarding this vital area of education.

Parents and carers are only entitled to excuse their child from designated Sex education lessons and there is no right to excuse from PSHE which includes statutory Relationships Education and Health Education. The science curriculum also includes content on human development, including reproduction, for which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum.

Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1) Review – all relevant information was pulled together including relevant national and local guidance by leadership team and the PSHE curriculum lead.
2) Staff consultation – staff meeting addressed changes and gave staff the opportunity to make recommendations.
3) Pupil consultation – we investigated what pupils want from their PSHE lessons via a pupil discussion.
4) Ratification – the policy was shared and reviewed by governors and approved by the full Governing Body.

Policy written by: Nazia Khawaja (PSHE Curriculum Lead)

Date: April 2023

Review date: April 2024

Useful information for parents/carers:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

DEF information from statutory guidance

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary

Health education (the DfE has not separated this into Primary and Secondary)

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary

DfE Guide for parents

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Please note these are available other languages (Urdu, Somali, Arabic.