

Personal, Social & Health Education Policy including Relationships, Health Education and Sex Education

Personal, social, health and economic education (PSHE) and Sex and Relationships Education (SRE) enables children to become healthy, independent and responsible members of society.

SRE is part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. SRE, within PSHE, aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both on and off line. It enables pupils to explore their own and other's attitudes and values and builds their self-esteem and confidence to view their own sexuality positively. SRE is not about the promotion of sexual activity.

The Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education becomes compulsory in all primary schools from September 2020.

The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019. This guidance became mandatory for all schools in September 2020. This document covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed 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.

These new statutory requirements do not extend to sex education at Key Stage 1 and Key Stage 2 (beyond the biological/reproductive aspects that schools are already required to cover in science).

However, the Department for Education *'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'*

Silcoates Junior School does deliver sex education at Key Stages 1 and 2 and parents have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education.

Aims

The aims of personal, social and health education (PSHE) and Sex and Relationships Education (SRE) are to enable the children to:

- understand the school and British values; their impact on their daily lives and within the school and the wider community
- know and understand what constitutes a healthy lifestyle
- know how to keep themselves and others safe



- understand what makes for good relationships with others
- have respect and tolerance for others
- be independent and responsible members of the school community
- be positive and active members of a democratic society
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues
- develop a knowledge and appreciation of money and the effect it has on themselves and others
- develop good relationships with other members of the school and the wider community
- prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- create a positive culture around issues of sexuality and relationship

Lessons

Pupils in Years 1 to 6 receive a weekly dedicated PSHE lesson. PSHE and SRE education are provided through discrete lessons as well as through curriculum subjects, assemblies, class discussions and other events that enrich pupils' experiences.

In addition to the weekly lesson PSHE is taught in a variety of ways: weekly sessions, blocked afternoons or whole days. Because of many cross-curricular links, PSHE is often introduced and enriched throughout many other subjects, evident throughout the Religious Studies and ICT curriculums for example.

PSHE is further extended through activities and whole-school events, E.G national weeks such as Mental Health Awareness week and Anti-bullying week. Through residential visits in Key Stage 2, pupils participate in activities to develop their self-esteem as well as having opportunities to develop leadership and co-operative skills.

Lessons are organised in such a way that pupils are able to participate in discussions and provide opportunities for group work. This offers automatic differentiation, allowing for a range of attitudes to learning and abilities.

Curriculum Design

Early Years Foundation Stage (Reception)

In Reception PSHE is taught as an integral part of the curriculum covered during the year. Planning is related the PSHE aspects of the children's work to the objectives set out in the EYFS guidelines. A further understanding is supported throughout Reception through Personal, Social and Emotional Development and understanding the world.

Key Stages 1 and 2 (Years 1 to 6)



Silcoates Junior School follows the 'You, Me, PSHE' scheme of work. This includes lesson plans linked to the curriculum and current legislation.

As a school we decided that the 'You, Me, PSHE' scheme of work would give a cohesive structure and framework to organise a high-quality standard of broad and balanced curriculum coverage that would enhance and engage pupils to stimulate and encourage life-long learning.

Teaching of SRE is more focused in Years 2, 4 and 6, in line with the You, Me,

PSHE scheme of work:

- Year 2: 'Boys and Girls, Families'
- Year 4: 'Growing up and changing'
- Year 6: 'Healthy Relationships' and 'How a baby is made'

If there is any missing knowledge, or any continuing misconceptions in Year 3 and 5, topic areas can be revisited.

Other resources such as Picture News, Pop'n'Ollie books and resources from The PSHE Association will be used to enhance the teaching of PSHE and SRE in school.

Safe and Effective Practice

PSHE and RSE often draw on pupils' real-life experiences. A safe and supportive learning environment will be created by establishing ground rules in each context for the delivery of subject material. Staff delivering PSHE and RSE will ensure the pupils, who indicate they may be at risk, get the correct support by liaising with the appropriate member of staff and adhering to the School's Child Protection and Safeguarding Policy.

Equality of Opportunity

PSHE is inclusive to all children, whatever their ability. Planning is differentiated/adapted as needed to ensure all children can access the PSHE units and further develop themselves. Teachers provide learning opportunities that enable all pupils to make progress including the sourcing of alternative resources as necessary.

Consultation with parents

The content and resources used to teach the relationship and health education aspects of PHSE and the sex education aspects of PSHE can be seen by parents/carers by clicking on the link below that includes the year group curriculum overviews:

<https://silcoates.fireflycloud.net/all-year-groups/pshe-curriculum>

Parents/carers have the right to withdraw their children from those parts of RSE not within the national curriculum. If a parent/carer wishes to withdraw their child from Sex Education



lessons then they must inform the school in writing a week prior to the lesson taking place in order that alternative arrangements can be made for the child's education.

Upon receiving a letter requesting a child be withdrawn, school will make arrangements to discuss this further with parents/carers in relation to the school recommendations for children taking part wherever possible.

For the current academic year, pupils in Years 2, 4 and 6 Sex and relationship education will be taught during the Summer Term, after half-term.

Monitoring and review

The Head of Junior School is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of PSHE and RSE, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school.

Assessment and recording

Teachers assess the children's work in PSHE by a variety of methods as they observe them during lessons following the specific learning objectives linked to the unit.

Large books are used in each class to show examples of discussions, work undertaken and recordings through photographs.

Each child will have a PSHE book where some of the PSHE work will be recorded throughout the year.

Links with Other Policies

This policy has links to other policies including the Child Protection and Safeguarding Policy, and the Anti-Bullying Policy.

The School is fully committed to ensuring that the application of this policy is non-discriminatory in line with the UK Equality Act (2010). Further details are available in the School's Equal Opportunity Policy document.

Reviewed by:

Mrs Ellen Moss - Head of Junior School

Date of last review:

June 2026

Date of next review:

June 2027

This policy will be further reviewed for September 2026 when new statutory guidance comes into force.



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