



# **PSHE Policy (Personal, Social, Health Education)**

**(including Relationships and Health Education and Sex Education)**

<b>Approved</b>	<b>November 2025</b>
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<b>Staff reviewing policy</b>	<b>E Fox / C Wiggins</b>

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and□
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.□

## PSHE

At Auckley School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Kapow Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

### Statutory Relationships and Health Education

"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...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education(PSHE) continues to be compulsory in independent schools."

DfE Guidance p.8

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society."

Secretary of State Foreword DfE Guidance 2019 p.4-5

"Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons."

DfE Guidance p.8

"All schools must have in place a written policy for Relationships Education and RSE."

DfE Guidance p.11

Here, at Auckley School we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Kapow as our chosen teaching and learning programme and tailor it to our children's needs. This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported through CPD videos, webinars and also staff meetings.

Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance)□
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)□
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)□
- Equality Act 2010 and schools□
- SEND code of practice: 0 to 25 years (statutory guidance)□
- Alternative Provision (statutory guidance)□
- Mental Health and Behaviour in Schools (advice for schools)□
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)□
- Sexual violence and sexual harassment between children in schools (advice for schools)□
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)□
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))□
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).□

The Kapow Programme is aligned to the PSHE Association Programmes of Study for PSHE.

### **What do we teach when and who teaches it?**

At Auckley School we allocate 40 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies, themed weeks, whole school behaviour systems, class learning charters and through relationships: child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers or Higher Level Teaching Assistants deliver the weekly lessons to classes.

## **Relationships Education**

***What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?***

Relationships Education in primary schools will cover 'Families and relationships', 'Health and wellbeing', 'Safety and the changing body', 'Citizenship' and 'Economic wellbeing'.

The overview and expected outcomes for each of these elements can be found in our long term plan.

It is important to explain that whilst the 'Safety and the changing body' in Kapow covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in e.g. 'Families and relationships'. It is important that children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

## Health Education

*What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?*

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'. As a school we mark 'Hello Yellow' day each year with a whole-school themed day to raise awareness of mental health.

The expected outcomes for each of these elements can be found further on in this policy. The way the Kapow Programme covers these is explained in the long term planning document.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Safety and the changing body' unit.

Again, the long term planning document transparently shows how the Kapow whole-school approach spirals the learning and meets all statutory requirements and more.

## Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'.

Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

At Auckley School, in addition to the 'Safety and the changing body' unit covered in each year group, some year groups will receive supplementary learning opportunities. For example, the School Nursing Team provide a 'Safe Touch' session to year 1 pupils and a 'Puberty' session to UKS2. **Parents will be notified prior to these sessions taking place.** We believe children should understand the facts about human reproduction before they leave primary school. We provide dedicated sessions to teach this as part of our Year 6 curriculum. Puberty is taught as a statutory requirement of Health Education (and therefore children cannot be withdrawn from these lessons) and is also covered by our Kapow PSHE Programme. This complements the science curriculum throughout the school. We believe it is important that in upper key stage 2, the 'transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively.' However, 'Sex Education is not compulsory in primary schools'. (p. 23) With this in mind, parents have the right to withdraw as is explained below.

### Right to withdraw from Sex Education

**Whilst we always try to work with parents to explore their views, we also accept that parents can exercise their right to withdraw their child from the sex education elements of our programme (other than that which comes within the science curriculum). There is no right to withdraw from Relationships Education or Health Education. Any parent wishing to exercise this right should initially contact the Head teacher to discuss the matter.**

**If a pupil is withdrawn from an aspect of Sex Education, alternative arrangements will be put in place. This provision and the nature of this learning will be negotiated on an individual basis, dependent on the needs of the pupil.**

### Monitoring and Review

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The

Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme, and makes a record of all such comments. **Equality**

**This policy will inform the school's Equalities Plan.**

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics..."

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

At Auckley School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

**Policy Review**

This policy is reviewed annually.

Please also see Kapow PSHE Long term planning to support this policy.