

Hawridge and Cholesbury CE School



PSHE Policy

**Personal, Social, Health and Economic
Education**

Date: January 2026

Review Date: July 2026

Definition of PSHE

Personal, Social, Health and Economic Education is a distinct curriculum subject and has both statutory and non-statutory elements as defined by the Department for Education (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.

Wider school aims/ethos

At Hawridge and Cholesbury school we are committed to providing a holistic approach to education which aims to support the academic, cultural, personal and social development of all our pupils. Our vision is for every child within the Hawridge & Cholesbury family to grow, flourish, **'have life andhave it more abundantly'** (John 10:10 KLV); to be fascinated, rounded, eager to make a difference, spiritual and have high aspirations through Jesus' teaching and our curriculum. We live our vision through our natural setting and our school values of Respect, Teamwork, Responsibility, Understanding, Peace and Honesty.

At Hawridge and Cholesbury C of E school we believe that the personal, social and health development of each child has a significant role in their ability to learn. We value the importance of PSHE in preparing children for the opportunities, responsibilities and experiences of adult life, including the importance of outdoor learning and how to look after the environment. In addition, we believe that a child needs to learn about the many emotional aspects of life and how to manage their own emotions. This links with our Behaviour Policy. We are also aware of the way that PSHE supports many of the principles of Safeguarding (See Safeguarding Policy).

Policy aims

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.

Legislation

At Hawridge and Cholesbury C of E 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 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](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 Sep 2021)

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

We teach children how to keep themselves safe and healthy in line with Keeping Children Safe in Education (2022).

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

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 cultural, 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?

What

At Hawridge and Cholesbury C of E 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 Hawridge and Cholesbury C of E school we use Jigsaw PSHE for the planning and delivery of PSHE. We use the Jigsaw PSHE programme of study and this is adapted where necessary to provide a relevant and age appropriate curriculum, suited to the needs of our children. Teachers may use resources to supplement the scheme such as resources from the PSHE Association and from relevant websites such as the NSPCC.

We provide a spiral curriculum 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. The progression map with associated vocabulary can be found in appendix 1.

Relationships Education

Our PSHE curriculum covers statutory Relationships education (please see Relationships policy for 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 in appendix 2 (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 withdraw 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 withdraw their child. (Please see our 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
- 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 from reception. Introducing the scientific names of genitalia is recommended by the NSPCC, the PSHE Association and is recognised as good practice, supporting the safeguarding of pupils.

DfE outcomes for Health Education can be found in appendix 2

Living in the wider world/Economic Education

Our PSHE curriculum covers Economic Education and Living in the Wider World. Pupils will learn about:

- Managing money
- Education
- Careers
- Climate change
- Rights and responsibilities
- Community
- Respect
- Volunteering
- Decision making

When / How

At Hawridge and Cholesbury, PSHE is a taught subject. PSHE is timetabled once a week and delivered by class teachers. Key Stage 1 children will spend 40 mins to an hour per week on their PSHE learning and Key Stage 2 children will have one hour per week.

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 Jigsaw units we teach are available to view on the school website.

Managing difficult questions and confidentiality

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. Children are reminded of these ground rules in the Jigsaw Learning Charter which is displayed at the beginning of each lesson as well as in each classroom.

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 in order to 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. 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 confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures

How delivery and content will be made accessible to all pupils including those with SEND

We ensure that PSHE is accessible for all pupils, including those with Special Educational Needs and/or Disabilities (SEND). This is achieved through high quality teaching that is differentiated and personalised.

We are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils, for example those with Social, Emotional and Mental Health needs or learning disabilities. These factors are always taken into consideration when designing and teaching these subjects and lessons are adapted to suit the needs of different classes and individual children.

We ensure that teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

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 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. Governors will monitor the implementation of the policy through an annual visit and discussion with the subject leader. Consideration will be made of the evidence included in the subject leader portfolio and this will be reported to the curriculum committee annually. The work of the subject leader will also be subject to review by the Headteacher as part of our performance management arrangements.

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

The PSHE 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 others with respect.

Working with outside agencies and visiting speakers

External visitors and organisations are sometimes used to enhance the delivery of our PSHE curriculum. Any visitor will have their credentials checked and it will be ensured that the teaching delivered by the visitor is relevant to the current programme of study or needs of the class. It is ensured that the content of the taught material will be age-appropriate and accessible for the pupils.

It is agreed how confidentiality will work in any lesson and that the visitor understands how safeguarding reports should be dealt with in line with our school safeguarding policy. A member of teaching staff will remain with visitors at all times.

Monitoring , evaluation and training

- PSHE provision will be monitored and evaluated by the PSHE lead, SLT and Governors in line with the monitoring cycle agreed by the school. The PSHE policy will be reviewed every three years.
- 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

Assessment

Teachers will assess pupil's learning in PSHE against the Jigsaw attainment descriptors for each unit of work. Teachers will use the pupils' responses in discussions, answers to questions and work from set tasks as well as their responses in other lessons and across the school day when making judgements about their attainment.

The attainment descriptors for the Jigsaw units of study can be found in Appendix 3.

Due to the nature of the topics being discussed any safeguarding concerns or conversations during the sessions will be recorded (see safeguarding policy).

Working with parents

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

We consult with parents, carers and the wider community (faith leaders, champions for local causes etc) through Parent Forums 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 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 withdraw their child from designated Sex education lessons (please see the Sex education policy for further details) and there is no right to withdraw 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.

Linked policies

Safeguarding

Behaviour Policy

Anti-Bullying Policy

Relationships Education Policy

Sex Education Policy

Safeguarding Policy

Keeping Children Safe in Education (2022)

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

10. Policy development

Consultation:

- Staff
- Pupils
- Parents
- Governors

This policy was written by Heather Woodward, PSHE subject lead, in consultation with:

- Carol Stottor PSHE Lead for Public Health at Bucks County Council

- *Teaching staff*
- *Pupils – school council discussion*
- *Governors – full governing body meeting*
- *Parents- parents were consulted on the policy during a consultation period*

Appendices

Appendix 1

Jigsaw PSHE progression map (including key vocabulary).

Appendix 2

DfE information from statutory guidance

Relationships – primary

<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

Appendix 3

Attainment descriptors for Jigsaw PSHE units