





PSHRE Policy

Abstract: This policy sets out the school's approach to teaching PSHRE.

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Approved by:	Mrs M Young Chair of Governors	
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Last reviewed on:	01/10/2024	
Next review due by:	31/09/2025	
Policy number:	LRS0092	

School ethos and values statement

Lent Rise School is a welcoming, caring community where we encourage all our children to Learn Reach and Shine.

At Lent Rise 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. From September 2020 statutory Relationships Education and Health Education will be part of the taught curriculum within PSHRE. This is an essential part of a child's education and contributes to their personal development. The pupils will learn through our Learn Reach Shine values in order to develop their character and curiosity. PSHRE Education supports the development of our school's core values: Respect, Tolerance, Friendship, Care, Responsibility, Trust, and Community.

In order to prepare our children for their future, it is vital that they are equipped with the skills that will enable them to become informed and autonomous citizens. It is necessary to provide pupils with key facts and information about issues in society, to allow them to make independent and reasoned decisions of their own. Personal, Social and Health Education is a means by which pupils can explore real and relevant issues in a secure environment.

What is PSHRE?

Personal, Social, Health, Relationships and Economic Education is a distinct curriculum subject and has both statutory and non-statutory elements as defined by the DfE (Department for Education). High quality PSHRE education supports pupils' personal, social, health, relationship, 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 PSHRE curriculum gives pupils opportunities to explore issues that are real and relevant to them in their daily lives in a safe and managed 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 PSHRE Education
- Help parents and carers to understand PSHRE 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

Legalities

At Lent Rise School, we teach the statutory parts of PSHRE - Relationships Education (please see our Relationships Education Policy) and Health Education through our PSHRE curriculum. We also teach non-statutory Relationships and Education as part of PHSE 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 PSHRE 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 PSHRE (updated June 2019)

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-PSHRE/personal-social-health-and-economic-PSHRE-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 when teaching Sex Education.

The curriculum

Intent

Why do we teach it?

The personal, social, health, relationships 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.

We aim to provide high quality PSHRE 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 PSHRE provision has been designed to be age-appropriate, whilst being sensitive to the needs of our whole school community to ensure PSHRE provision gives our pupils an education, which will support them both now and in the future.

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

Implementation

Planning, Teaching and Learning

At Lent Rise School, statutory Relationships Education and Health Education are taught as part of a structured PSHRE curriculum. We also teach Economic Education and relevant themes to support our pupils to manage their lives both now and in the future.

At Lent Rise school, we use the Jigsaw scheme of work as a foundation for the planning and delivery of PSHRE. The programme of study is adapted to provide a relevant and age-appropriate curriculum and taught through three core themes: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. We provide a spiral curriculum to ensure pupils are taught key aspects of PHSE at a relevant and age-appropriate level and in line with their continuing personal, social, and emotional development.

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

PSHRE provision is differentiated according to the individual needs of pupils, including those with SEND and EAL. All pupils are supported to access the PSHRE curriculum at an appropriate level with tasks and materials adapted where necessary.

Impact

PSHRE 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 can 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 offline 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
- Pupils are aware of the SMART rules and recognise how to be safe when they are online

Relationships education

Our PSHRE curriculum covers statutory Relationships Education. 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. We use the Jigsaw scheme of work to teach Relationships Education. This covers all aspects of the DfE Relationships statutory guidance. (See Appendix 1 for further details.)

Definition of Relationships Education

Statutory Relationships at Lent Rise School is taught through the PSHRE curriculum and teaches pupils what they need to know by the end of Year 6 as defined by the DfE guidance. (See appendix 1. Relationships Education gives pupils the information they need to help them develop healthy, nurturing relationships with other children and adults. It should enable them to know what a healthy relationship looks like, how to build and maintain happy, healthy relationships with others and recognise the importance of a range of relationships with friends, family, in school and in the wider community in which they live. Relationships Education also teaches pupils to recognise unhealthy behaviours, how to keep safe, identify potential dangers in their on/offline lives and how to report any concerns or abuse and where to access help when needed.

The curriculum

Intent

Why teach Relationships Education?

Relationships Education was made statutory in September 2020. High quality Relationships Education will support pupils to:

- Form and maintain positive relationships with other children and adults
- Understand the importance of positive and healthy relationships on their wellbeing
- Recognise what makes a good friendship and how to be a good friend in return
- Strategies to manage the difficulties of friendships and relationships with others
- Show respect for others and recognise diversity within relationships, treating each other with kindness, consideration and understanding
- Develop positive character traits and personal attributes such as self-respect, kindness, honesty, integrity, and resilience
- Positively engage in social action and contribute to the wellbeing of others
- Understand the principles of positive relationships also apply online, how to keep safe and how to report concerns
- Understand the importance of recognising and establishing their own personal boundaries and privacy
- Understand and respect differences and combat all forms of bullying and discrimination
- Recognise unhealthy relationships, inappropriate behaviour and bullying and to report concerns or abuse and are taught the appropriate vocabulary to do so (including signposting to trusted online support services such as Childline)
- Ask a trusted adult rather than go online with regards to any concerns about relationship issues and avoid viewing any inappropriate material or entering into social media conversations that could cause them harm
- Recognise intimate physical relationships are for adults

Implementation

Relationships Education is delivered through the PSHRE curriculum. These aspects of the Relationships Education as defined by the DfE will be taught at an age-appropriate level. Further details can be found in appendix 1.

To ensure the content and delivery of relationships education is appropriate and relevant to our pupils we use simple baselines to ascertain what pupils already know and find out what they would like to learn.

Distancing techniques are used to teach relationships education, which provides depersonalised examples, which support children to explore what, is being taught without sharing their own subjective experiences in the lesson.

We provide 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 respect differences, promote equality and challenge stigma.

Outcomes for Relationships Education are defined by the DfE and cover:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe*

*We teach the scientific names of body parts from Year 1.

All teachers are responsible for teaching PSHRE to their own class. We use the Jigsaw programme of study to teach one 30 to 60-minute PSHRE lesson per week. We ensure that the content is made accessible to all pupils, including SEND (see Inclusion above).

Impact

High quality Relationships Education will enable our pupils to:

- Enjoy healthy and positive relationships with others
- Understand how their behaviour affects others and vice versa
- Value and understand the importance of maintaining good relationships
- Make positive choices about how they cultivate and nurture friendships and relationships
- Be aware of and respect diverse types of relationships in accordance with the Equalities Act
- Become actively engaged young citizens who make positive contributions to their families, the school, and the communities to which they belong
- Recognise unhealthy relationships and have strategies to challenge negative behaviours
- Know what to do if there are problems within relationships both on and offline, how to keep safe and where to go to seek help

Sex education

Please see Relationships and sex education policy

Health education

We deliver statutory health education through our PSHRE 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 Year 1. Introducing the scientific names of genitalia is recommended by the NSPCC, the PSHRE Association and is recognised good practice, supporting the safeguarding of pupils.

DfE outcomes for Health Education can be found in appendix 1.

Living in the wider world/economic education

Our PSHRE curriculum covers Economic Education and Living in the Wider World. Pupils will learn about managing money, saving and enterprise skills, career education and climate change. Year 6 children take part in Virgin Money's 'Make £5 Grow Scheme', which teaches them the basic rules of managing money within a small business.

At Lent Rise school, PSHRE is a taught subject. PSHRE is timetabled once a week and delivered by class teachers. We also have additional PSHRE themed days and enrichment sessions and mark national and local events such as Anti - Bullying Week, Young Carers Week and join in national health and wellbeing awareness campaigns, such as Hello Yellow and Show Racism the Red Card. The PSHRE 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. PSHRE is taught in units and the themes are available to view on the school website as set out within the Jigsaw Scheme.

Managing difficult questions and confidentiality

In PSHRE, 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 PSHRE are underpinned by shared and understood ground rules (please also refer to appendix 2) with lessons being delivered in a safe and well managed environment. To ensure the content and delivery of PSHRE 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 PSHRE 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 confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures.

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 PSHRE is taught consistently across the school and for managing requests with regards to the parental right to withdraw from non-statutory sex education.

The PSHRE lead is responsible for leading and managing the subject. Teachers are responsible for delivering PSHRE.

Pupils are expected to fully engage with PSHRE provision and treat others with respect.

Working with outside agencies and visiting speakers

We welcome opportunities to invite speakers and trusted outside agencies to support the delivery of PSHRE. All visitors are subject to the vetting and sharing protocols established by the school.

Monitoring, evaluation, and training

PSHRE provision will be monitored and evaluated by the PSHRE lead, SLT and Governors in line with the monitoring cycle agreed by the school. The PSHRE policy will be reviewed annually.

To ensure staff are confident to deliver all aspects of the PSHRE 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

Working with parents

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

We understand that parents and carers may wish to approach the school to access help with concerns they may have about their child and receive trusted information on where they can go to obtain further support.

Our PSHRE policy and PSHRE 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 PSHRE 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 non-statutory Relationships and Sex Education lessons (please see the Relationships and Sex Education Policy for further details) and there is no right to withdraw from PSHRE, which includes statutory Relationships Education and Health Education. We highly recommend all students receive the full PSHRE curriculum.

Useful information for parents

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

Linked policies

- Safeguarding
- Anti - Bullying Policy
- Relationships Education Policy/RSE policy

Policy development

This policy was developed by the PSHRE lead in consultation with school governors, parents, and pupils.

Relevant information including relevant national and local guidance/ guidance from Public Health and PSHRE lead for Bucks were all applied

Staff consultation - all school staff were given the opportunity to look at the policy and schemes of work and make to recommendations

Parent/stakeholder consultation - information shared with parents through Parent Mail and the school's website allowing parents and any interested parties to view how PSHRE will be taught in the school in accordance with the new government guidance.

Appendix 1 DfE Outcomes for Relationships and Health Education

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

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

Appendix 2 DfE Ground rules for PSHRE lessons

Work with pupils to establish a list of ground rules that will increase their feelings of safety and comfort during puberty and sex education classes.

It is essential that the following ground rules be included:

- No personal questions or sharing of private information.
- You have the right to pass on a question.
- No question is silly or stupid.
- Use dictionary words whenever possible.
- Post the list in the classroom and refer to it as needed.

There is a balance between encouraging pupils to talk about real life and over disclosure of private information. Encourage pupils to use the phrase "Someone I know..." instead of the person's name if sharing information of a personal nature.

It may be helpful to frame the ground rules in a creative way, such as:

G...Giggling is okay but laughing at others is not

R...Respect for myself and others is important

O...Option to pass on answering questions is available to all

U...Use dictionary words when describing the body

N...No question is a silly question!

D...Do use "Someone I know..." instead of the person's name