Crestwood Park Primary School

Personal, Social, Health and Economic (PSHE) and Relationships, Sex and Health Education (RSHE) Policy

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1. Introduction

Our children 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 too.

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 Relationships Education is compulsory in all Primary Schools and why we have adopted this policy at Crestwood Park Primary School. PSHE is the umbrella subject and RSHE (Relationships, Sex and Health Education in Primary) sits within this.

2. Vision and aims

Our PSHE and RSHE curriculum sets the foundations for our children's future relationships; ensuring they know how to be healthy and safe. The well-being of our children is at the heart of everything we do. Regular circle times ensure we can discuss openly our thoughts and feelings. Themed events, such as 'Healthy Lifestyle' and 'Well-Being' days promote further our key messages about being safe and healthy.

Aims

- We want our teaching to put into place the key building blocks of healthy, respectful relationships focusing on family and friendships, in all contexts, including online.
- We will teach about what is legal within our country in terms of relationships.
- Our teachers will present views on different types of relationships. We are presenting views, not promoting them.
- We will give our children the information they need to make good decisions about their own health and well-being.
- Our PSHE and RSE teaching aims to develop successful learners who enjoy learning and are confident individuals who are able to live safe, healthy and fulfilling lives.

3. Roles and responsibilities

The governing board will be responsible for:

- Ensuring the school's PSHE & RSHE Policy is implemented effectively.

- Ensuring that the PSHE & RSHE Policy, as written, does not discriminate on any grounds or protected characteristics.

The headteacher will be responsible for:

- Knowing, understanding, and acting within the statutory frameworks which set out their professional duties and responsibilities.
- Ensuring a broad, structured and coherent curriculum entitlement which sets out the knowledge, skills and values that will be taught.
- Ensuring that PSHE & RSHE teaching is underpinned by high levels of subject expertise and approaches which respect the distinct nature of the subject.
- Facilitating the day-to-day implementation and management of the PSHE & RSHE Policy.
- Reviewing the policy annually.

The PSHE leader will be responsible for:

- Leading, managing and developing the school's provision in the subject area.
- Promoting and implementing the school's Equality, Equity, Diversity and Inclusion Policy at all times.
- Promoting and safeguarding the welfare of all pupils at all times.
- Liaising with other staff and professional agencies to devise a suitable scheme of work to ensure the PSHE curriculum is comprehensive and extensive.
- Ensuring the curriculum is inclusive and enables all pupils to achieve their full potential.
- Acting as a positive role model for all pupils and staff members.

4. Details of our content

PSHE/RSHE will be delivered in weekly timetabled lessons in addition to assemblies which also promote our values and the well-being of our pupils. **We will follow the programme of study developed by the PSHE Association, of which we are a member.**

The Programme of study sets out the learning opportunities for each key stage. It is mapped directly to the content grids from the Statutory Guidance for Relationships Education, RSE and Health Education.

It allows us to cover the core themes of: **Health and Well-being, Relationships and Living in the Wider World.**

Key knowledge end points have been identified at the end of every term for every year group. A curriculum map is also available on our website which details PSHE coverage across school.

In addition to this, some of the statutory topics will also be covered elsewhere within our curriculum. The table below identifies these cross-curricular links:

Relationships education	
Topic:	**We will also cover in:**
Families and people who care for me	Religious Education (KS1). Foundation Stage.
Caring friendships	Religious Education (KS1). Wellbeing days. Foundation Stage.
Respectful and kind relationships	Assembly themes. Religious Education.
Online Safety and Awareness	Computing (E-Safety Curriculum).
Being safe	Computing.

Physical and mental wellbeing	
Topic:	**We will also cover in:**
General wellbeing	Assembly themes. Wellbeing days. P.E. Computing.
Wellbeing Online	Computing. Loudmouth theatre performances.
Physical health and fitness	P.E. Mile walk. Science. Wellbeing days.
Healthy eating	Healthy eating day. Science. Wellbeing days.
Drugs, alcohol, tobacco and vaping	Science (KS2).
Basic first aid	First Aid Training (External provider)

It is obvious then that RSHE and Health Education complements several national curriculum subjects - such as: science, computing, R.E and P.E.

It also relates to other policies within school including: Child Friendly Safeguarding, SPARKS Behaviour and Discipline, Anti-Bullying, SEND, EYFS and Nurture.

5. Delivery of PSHE/RSHE

Class teachers have responsibility for the delivery of PSHE but where the delivery of a topic can be enhanced, we will work with external organisations and bring in specialist knowledge. All year groups receive workshops from our school nurse. Therefore, PSHE will not only be taught by class teachers but will also be delivered through the use of: medical practitioners, theatre groups (e.g. Loudmouth theatre), assemblies and nurture groups.

In essence then, PSHE will be delivered by the most appropriately trained and qualified adults through a variety of opportunities including:

- Designated PSHE time
- Circle time
- Use of external agencies and services
- School ethos
- Small group work
- Cross-curricular links
- Assemblies
- Enrichment days or weeks
- School trips

6. Policy production

Staff have worked together to contribute to the 'Details of our Content' section in this policy and have ensured they are fully aware of the statutory requirements of this subject. Parents have been given the opportunity to understand the purpose and content of RSE.

7. SEND and Inclusion

RSE must be accessible of all pupils. This is particularly important when planning teaching for our pupils with special educational needs. High-quality teaching that is differentiated and personalised will be our starting point to

ensure accessibility. We will ensure that our teaching and use of vocabulary is sensitive and age-appropriate in approach and content.

We will design the PSHE curriculum to be inclusive of all pupils. The school will be aware that some pupils are more vulnerable to exploitation, bullying and other issues due to their characteristics, e.g. having SEND or being LGBTQ+.

In addition to PSHE, we may also deliver Preparing For Adulthood sessions, for our most vulnerable pupils.

There are 4 key pathways to prepare children for adulthood,

1. Employment,
2. Independent Living,
3. Community Inclusion and
4. Health.

Please refer to our Preparing For Adulthood statement document for more details.

8. Right to withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE. These sessions only take place in upper Key Stage 2 and are delivered by our school nurse. Parents are notified of such sessions in writing. Before granting any such requests, our Headteacher will discuss the request with parents. Our Headteacher will emphasise the benefits of receiving this important education.

9. Requirements and regulations

This policy is in line with the statutory guidance- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2025, issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 .
The Relationships education, Relationships and Sex Education, and Health Education (England) Regulations 2019 are made under sections 34 and 35 of the Children and Social Work Act 2017 and provide that pupils receiving primary education must be taught relationships education; pupils receiving secondary education must be taught RSE; and that all primary and secondary pupils must be taught health education.

10. Safeguarding

At the heart of all subjects there is a focus on keeping children safe, and our school can play a part in preventative education. Keeping children safe in Education sets out that we should ensure children are taught about safeguarding, including how to stay safe online, as part of a broad and balanced curriculum.

Where we invite in external agencies to support delivery of a subject/topic, we will agree in advance with them of how a safeguarding report should be dealt with. All visitors to school are made aware of the designated safeguarding lead.

11. Monitoring and review

The PSHE lead will monitor and evaluate the delivery of PSHE across school. Feedback is gathered via Pupil Voice and Staff, Parent and Pupil Surveys. Year 5 and 6 children also take part in the annual Dudley Health Related Behaviour Survey. The results of which inform future practice.

Policy version history

Review date	Reviewed by	Description of changes
March 25	Governing Board	Updated policy format
October 25	Governing Board	Reviewed. No changes.
October 26	Governing Board	LK: Updated in light of new statutory guidance

End of document