

Halsall St Cuthbert's Primary School



PSHE Policy

Adopted : January 2025

Reviewed : January 2026

Subject Lead – Mrs C Woolrich

Nominated Governor – Mrs A Throp

What is PSHE?

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential. (PSHE Association)

RATIONALE

The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success. (PSHE Association)

PSHE education has proven impact on life chances and academic success when delivered well. As stated by the Department of Education, through our PSHE curriculum, we will seek to 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.

The aims of our PSHE curriculum are to:

- safeguard our pupils

- promote equality
- promote British Values including democracy, tolerance and the rule of law
- provide a broad and balanced curriculum which addresses the spiritual, moral, social and cultural development of pupils

CURRICULUM

PSHE will be based on 3 core themes:

Core theme 1: Health and Wellbeing (statutory)

Core theme 2: Relationships (statutory)

Core theme 3: Living in the Wider World

Core Theme 1: Health and Wellbeing. This theme covers:

- physical health and wellbeing
- our feelings - how to cope with varying feelings
- how to look after our mental health
- growing and changing, who we are, puberty, gender, process of reproduction and birth as part of human lifecycle Keeping Safe

Core Theme 2: Relationships This theme covers:

- families and close positive relationships – different family structures
- friendships
- managing hurtful behaviour and bullying
- safe relationships
- respecting self and others

Core Theme 3: Living in the Wider World This theme covers:

- our responsibilities in the world
- our diverse communities
- media literacy and digital resilience
- economic wellbeing: money
- economic wellbeing: aspirations, work and career

TEACHING AND LEARNING

Teaching and learning in this subject should be very similar to that in any other subject. Lessons should be delivered where pupils feel safe and are encouraged to participate by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills. As in Relationships Education, PSHE requires teachers to be aware of effective safeguarding practices, including:

- Creating a safe environment
- Setting and agreeing appropriate ground rules
- Teacher knowledge, skills and confidence in how to deal with sensitive issues, including potential disclosures.

Lessons should begin where the pupils are, so that progress is developmental and builds on children's needs and existing knowledge. PSHE addresses subject knowledge, along with the development of specific skills, including assertiveness, resilience, negotiation, addressing bias, conflict resolution, empathy; it explores personal and cultural values and beliefs. PSHE is taught by staff regularly trained in RSE and PSHE. All PSHE lessons support the development of spiritual, moral, social and cultural appreciation and will support the personal development, behaviour and welfare of pupils.

Lessons will be carried out weekly. In addition to this, some PSHE is linked to whole school themes, for example: Enterprise week, Anti-Bullying week, Children's Mental Health Week or in response to a specific identified need within the class.

CREATING A SAFE AND SECURE LEARNING ENVIRONMENT

This is essential to effective PSHE Education. Pupils need to feel safe, comfortable and confident in sharing their ideas and opinions; to reflect on issues and questions along with their own and others' values and attitudes safely, without fear of negative feedback. A safe, secure environment will also help teachers to feel confident when managing discussions about sensitive issues.

SINGLE SEX OR MIXED GROUPS

All lessons will be taught as mixed groups, except for the puberty lessons in Years 5 and 6.

CONFIDENTIALITY AND SAFEGUARDING

Staff cannot offer or guarantee pupils unconditional confidentiality. If a member of staff feels that a child is at risk, they should discuss this immediately with the school's Designated Safeguarding Lead. External agencies delivering programmes should be made aware of the school's safeguarding policy and procedures.

PARTNERSHIP WITH PARENTS /CARERS

As part of our whole school approach to PSHE, information and opportunities for parents to view the materials and resources used will be provided by the PSHE lead. Parents will be notified of when their children are going to cover puberty and conception.

THE RIGHT TO WITHDRAW

Parents have the right to withdraw their children from all, or part of the Relationships Education curriculum, except for those parts included within the National Curriculum (Science).

EQUAL OPPORTUNITIES

All pupils have equal access to the PSHE Curriculum and opportunities are provided for all pupils to achieve, including girls and boys, pupils with special educational needs, pupils who are more able, pupils with disabilities, pupils from all social and cultural backgrounds, pupils from different ethnic groups and pupils from diverse linguistic backgrounds.

SPECIAL EDUCATIONAL NEEDS

At our school, we teach RSE to all pupils, whatever their ability. RSE forms part of the school curriculum policy to provide a broad and balanced education to all pupils. We provide learning opportunities that enable all pupils to make progress and set suitable learning challenges to respond to each pupil's different needs.

ASSESSMENT

Assessment will be carried out through:

- teacher observation of a child as an individual.
- teacher observation of a child within a group.
- observing/ listening when a child responds in class.
- using assessment opportunities provided by

Role of Governors/Parents

Our governors determine, support, monitor and review the school's policies.

At Halsall, we believe that parents have a fundamental role to play in helping children to learn. We do all that we can to inform parents about what and how their children are learning by:

- holding a 'meet the teacher' evening at the start of the school year to inform parents how all subjects are taught throughout the school year.
- holding parents' evenings to discuss children's progress.
- sending an annual report to parents in which we explain the progress made by each child and indicating how the child can develop their learning.
- disseminating information about PSHE learning on the school web site that all parents can access it.

The role of the subject leader

- Take the lead in policy development
- Determine the aims of PSHE in accordance with the new guidelines
- To devise PSHE curriculum in line with requirements of the new guidelines
- Support colleagues in the development and the implementation of this curriculum
- Support colleagues in assessment and record keeping activities
- Monitor progress in PSHE and advise the Head Teacher on action needed
- To provide and organise resources within the school
- To attend relevant courses to keep up-to-date with current procedures
- To keep other colleagues informed of professional development by sharing information
- Keep up to date with developments in PSHE and disseminate information to colleagues as appropriate
- Conduct school audits
- Carry out walkthroughs and assess learning environments
- Create an action planner (which is linked to the school improvement plan)

The PSHE Subject Leader in school is Mrs C Woolrich

- PSHE Association <https://www.pshe-association.org.uk/>
- DfE Relations Education Guidance
- Sex Education Forum <https://www.sexeducationforum.org.uk/>

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