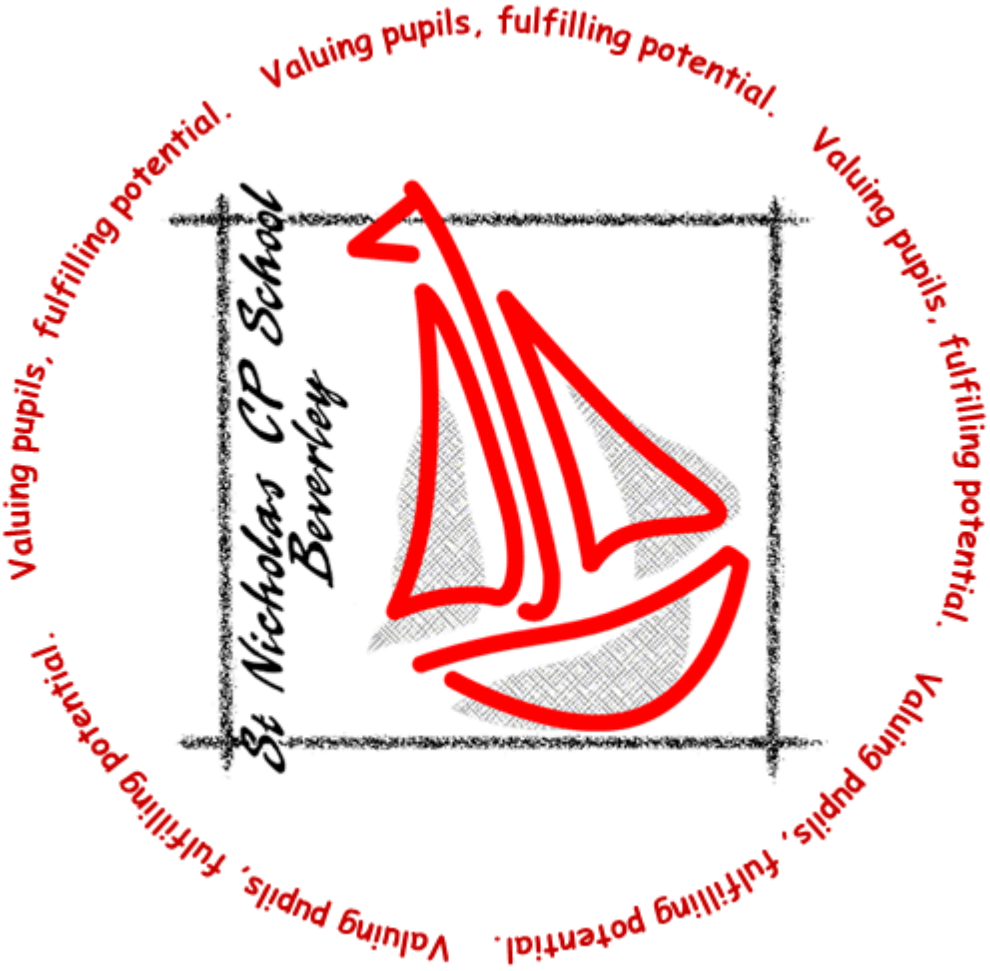
PSHCE Policy

Beverley St Nicholas Primary School



Reviewed March 2026

1. Policy Statement and Purpose

At Beverley St Nicholas Community Primary School, we recognise that Personal, Social, Health Education (PSHE), including statutory Relationships Education and Health Education (RSHE), plays a vital role in supporting pupils' personal development, wellbeing, safety and preparation for life in modern Britain.

This policy sets out how our school delivers a high-quality PSHE and RSHE curriculum that:

- Is inclusive, age-appropriate and accessible to all pupils
- Meets statutory requirements for Relationships Education and Health Education
- Supports pupils' physical, emotional and mental wellbeing
- Contributes to safeguarding, equality and positive behaviour

This policy is informed by the **Department for Education statutory guidance "Relationships Education, Relationships and Sex Education (RSE) and Health Education" (DfE, July 2025)**, due to come into force from **September 2026**, and reflects current expectations during the transition period.

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2. Statutory Context

2.1 Statutory requirements

- Relationships Education is compulsory for all pupils in primary education.
- Health Education is compulsory for all pupils in state-funded primary schools.
- PSHE (beyond RSHE) is non-statutory, but the Department for Education expects all schools to provide a comprehensive PSHE curriculum.

Sex education is not statutory in primary schools (beyond the science curriculum), though schools may choose to include age-appropriate content.

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3. Curriculum Intent

Our intent is to deliver a PSHE and RSHE curriculum that enables children to:

- Develop confidence, resilience and self-worth
- Form positive, respectful and healthy relationships
- Understand how to keep themselves physically and mentally healthy
- Recognise and manage risks, both online and offline
- Become responsible, respectful and active citizens

We aim to meet the needs of all pupils, taking into account local context, pupil voice and emerging issues.

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4. Curriculum Implementation

4.1 Whole-school approach

PSHE and RSHE are taught through a whole-school, spiral curriculum using the Jigsaw Programme, which ensures progression from EYFS to Year 6.
PSHE is delivered through:

- Weekly timetabled PSHE lessons
- Whole-school and class assemblies
- Daily classroom practice and discussions
- Cross-curricular links where appropriate

EYFS pupils develop Personal, Social and Emotional Development (PSED) through adult-led and child-initiated learning, in line with the EYFS framework.

4.2 Jigsaw curriculum structure

The Jigsaw programme is organised into six half-termly units:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me

Each unit is taught simultaneously across the school at an age-appropriate level.

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5. Relationships Education (Statutory)

Relationships Education focuses on teaching the fundamental building blocks of positive and healthy relationships. By the end of primary school, pupils will know about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and internet safety
- Being safe, including recognising unsafe situations and seeking help

Teaching reflects the diversity of families and relationships and promotes respect, kindness and equality.

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6. Health Education (Statutory)

Health Education is delivered through the PSHE curriculum and covers:

6.1 Mental wellbeing

- Recognising emotions
- Managing feelings and behaviour
- Building resilience
- Knowing where and how to seek help

6.2 Physical health and healthy lifestyles

- Healthy eating
- Physical activity
- Sleep and routines
- Personal hygiene

6.3 Online safety

- Safe use of the internet and digital devices
- Understanding risks online
- Knowing how to report concerns

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7. Sex Education

The school teaches the **statutory science curriculum**, which includes content about the human life cycle.
Additional sex education content beyond this is not statutory. Where taught, it is:

- Age-appropriate
- Factually accurate
- Delivered sensitively
- Communicated to parents in advance

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8. Safeguarding and Confidentiality

PSHE and RSHE are delivered within a safeguarding-first framework.

- Teachers establish clear ground rules for discussion

- Pupils are reminded that confidentiality cannot be guaranteed
- Any disclosures or safeguarding concerns are passed immediately to the Designated Safeguarding Lead (DSL) in line with the school's Child Protection Policy
- PSHE lessons support pupils in recognising abuse, exploitation and unsafe situations

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9. Inclusion, Equality and SEND

All pupils are entitled to access the PSHE and RSHE curriculum at a level appropriate to their needs.
The school:

- Promotes equality and respect for protected characteristics
- Adapts teaching to meet the needs of pupils with SEND
- Uses a range of strategies to support access and engagement
- Ensures PSHE reflects the diversity of the school and wider society

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10. Teaching and Learning Pedagogy

Teaching approaches include:

- Direct instruction and modelling
- Class discussion and reflection
- Group and paired work
- Role play and practical activities
- Explicit teaching of key vocabulary

A safe, respectful and inclusive learning environment is maintained at all times.

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11. Assessment, Monitoring and Evaluation

Assessment in PSHE is formative and supports learning rather than grading.
Evidence may include:

- Class PSHE 'big books'
- Pupil voice
- Teacher observations
- Photographs and recorded discussions

The PSHE lead monitors coverage, quality and progression.

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12. Roles and Responsibilities

12.1 Governing Body

- Approves and reviews this policy
- Ensures statutory compliance

12.2 Headteacher

- Ensures effective implementation of PSHE and RSHE

12.3 PSHE Lead

- Monitors teaching and learning
- Supports staff through CPD
- Maintains curriculum overview and progression

12.4 Class teachers

- Deliver PSHE and RSHE in line with this policy

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13. Working with Parents and Carers

We value open communication with parents and carers.

- Parents are informed of RSHE content
- Curriculum materials can be viewed on request
- Parents are encouraged to discuss PSHE topics at home

13.1 Right to withdraw

- Parents cannot withdraw their child from Relationships Education or Health Education.
- Parents may request withdrawal from any non-statutory sex education content.
- Requests are discussed with the Headteacher and recorded.

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14. Policy Review

This policy will be reviewed annually, or earlier in response to statutory changes. The next review will ensure full alignment with the **September 2026 RSHE statutory guidance**.

At Beverley St Nicholas Community Primary School, we believe every child deserves the knowledge, skills and confidence to thrive — now and in the future.