Gillamoor CE Primary School

PSHE (including RSE) Policy

Ratified by Governors: November 2026

Review Date: November 2027

Statutory Requirements

At Gillamoor CE Primary School, Relationships Education and Health Education are taught in accordance with the Relationships Education, Relationships and Sex Education (RSE) and Health Education Regulations and associated Department for Education statutory guidance. Relationships Education and Health Education are compulsory for all pupils in primary schools.

While PSHE education itself is not statutory, we believe it is an essential part of our curriculum and use it to support pupils' personal development, citizenship, safeguarding and preparation for life in modern Britain.

Aims

The National Curriculum states that ‘all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.’ According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be a balanced and broadly-based curriculum which ‘promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for opportunities, responsibilities and experiences of later life.’ We use a PSHE Programme – 1 Decision - in which pupils develop the knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work.

This policy, provided by 1 Decision, reflects the current Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education and covers all aspects of Relationships Education and Health Education in an age-appropriate way. There are three underlying core themes taught throughout 1 Decision PSHE, within which there is broad overlap and flexibility :
1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Pupils are encouraged to participate in a wide variety of activities, enabling them to make significant contributions to both life in school and within the wider community. This allows them to become aware of their skills and talents, develop their self-worth, learn to work as part of a team and take greater responsibility for their own learning. In doing so, they are able to reflect and evaluate on how they are making progress. The 1 Decision PSHE Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

Statutory Relationships Education

Through our curriculum pupils learn about:

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

Statutory Health Education

Through our curriculum pupils learn about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

These outcomes are mapped through the 1 Decision curriculum and supplemented by wider curriculum opportunities. 1 Decision PSHE helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Pupils learn to respect similarities and differences between our diverse cultures in order to build successful and meaningful friendships and relationships that are vital to the world we live in. 1 Decision PSHE supports the development of the attitudes, values, skills and behaviour which enable pupils to:

• Live healthy lifestyles

• Address personal hygiene

• Develop an awareness of changing and growing

• Deal with different emotions in an appropriate way

• Keep safe • Communicate well with others and work as a team

• Define, identify and know how to respond to bullying

• Know where and how to seek help when needed

• Treat everybody with respect

• Form and build positive relationships

• Understand the reasons for rules, and their responsibility to keep them

• Learn about their responsibility in caring for others

• Be active in their own learning

• Be active within their community

• Manage money well

• Keep safe online

• Self-assess and identify their strengths and weaknesses

• Know how to make emergency calls

• Know basic First Aid

• Work collaboratively and respectfully

• Appreciate diversity

• Empathise with other points of view

• Express opinions clearly

• Understand the changes that occur in puberty

• Develop strategies for managing changing emotions

Health Education

Relationships Education (Statutory)

The focus of 1 Decision PSHE in primary school is 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. 1 Decision PSHE teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them.

Our school's careful use of 1 Decision PSHE teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances, reflecting that some children have different family structures and supportive relationships. They learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical, and other, contact are the forerunners of teaching about consent, which takes place at secondary.

1 Decision PSHE lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

1 Decision PSHE's Relationship Education encourages the development and practice of resilience and perseverance, self-respect and self-worth. Pupils are also helped to develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice.

In 1 Decision PSHE, this is achieved through a plethora of exciting and innovative learning experiences for an active citizenship. Pupils are taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing. They also learn about safe relationships, focusing on boundaries and privacy and ensuring that they understand that they have rights over their own bodies. This also covers understanding boundaries in friendships with peers, in families and with others, in all contexts, including online.

In 1 Decision PSHE, pupils are clearly taught how to report concerns and seek advice when they suspect or know that something is wrong. Of paramount importance is ensuring the balance between informing children about making sensible decisions to stay safe (including online) without frightening them unnecessarily, whilst also making it clear that it is never the fault of a child who is exploited or abused, and why victim blaming is always wrong.

Sex Education (Year 6 only)

Sex Education is not statutory in primary schools. The National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Our school has determined that we will cover additional content on sex education to meet the needs of our pupils.

For this purpose, we use 1 Decision Unit. This is tailored to the age and the physical and emotional maturity of our pupils and supports pupils' ongoing emotional and physical development effectively. We ensure that both boys and girls are prepared for the changes that adolescence brings and, drawing on knowledge of the human life cycle set out in the national curriculum for science, understand how a baby is conceived and born.

We consult parents whose children are in Year 6 about the detailed content of what will be learnt through the 1 Decision PSHE Sex Education unit. We offer parents support in talking to their children about sex education and how to link this with what is being taught in school.

Parents have the right to withdraw their children from our sex education lessons. Our head teacher will be available to discuss the request with parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum, and a record will be kept of this process. The head teacher will discuss with parents the benefits of receiving this education

and any detrimental effects that withdrawal might have on the child, for example the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher. These detrimental effects may, of course, be mitigated if the parents propose to deliver sex education to their child at home instead. If a pupil is excused from sex education, our school will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

Our 1 Decision PSHE Sex Education teaching and materials are appropriate, having regard to the age and religious backgrounds, and any special educational needs or disabilities of our pupils.

How we monitor, evaluate and assess teaching and learning in PSHE

PSHE/RSE Subject Lead: Charlotte Pope

How is PSHE taught? PSHE is taught both as a stand-alone subject. PSHE is taught in class every week as well as through workshops with outside agencies (e.g. NSPCC) and assembly times and is reflective of current issues within school and the wider world.

Safeguarding

Relationships, Sex and Health Education plays a vital role in safeguarding children. Through PSHE and RSE pupils are taught:

- How to identify trusted adults.
- How to seek help and report concerns.
- Personal safety, including online safety.
- Appropriate and inappropriate contact.
- The concepts of privacy, boundaries and consent.
- How to recognise unsafe situations.
- That abuse is never the fault of the child.

Where safeguarding concerns arise during lessons, staff will follow the school's safeguarding procedures and Child Protection Policy.

Equality and Inclusion

Gillamoor CE Primary School complies with the Equality Act 2010.

Our curriculum is accessible to all pupils regardless of:

- Age
- Disability

- Sex
- Race
- Religion or belief
- Pregnancy and maternity
- Marriage and civil partnership
- Gender reassignment
- Sexual orientation

Teaching reflects the diversity of modern Britain while being sensitive to the religious background of our pupils and families. Resources and learning activities are adapted to meet the needs of all learners, including those with SEND.

SEND

We recognise that pupils with SEND may require additional teaching, repetition, scaffolding and adapted resources in order to access PSHE and RSE learning.

Teachers will:

- Adapt content appropriately.
- Use visual supports, stories and social stories.
- Pre-teach and revisit key vocabulary.
- Use additional adult support where appropriate.
- Ensure all learners can participate meaningfully and safely.

The learning objectives remain ambitious for all pupils whilst recognising individual needs

Partnership with Parents

We recognise parents and carers as children's first educators.

The school will:

- Share this policy on the website.
- Inform parents when sex education is being taught.
- Offer opportunities for parents to view resources where appropriate.
- Communicate curriculum content through meetings, newsletters or school communications.
- Encourage ongoing dialogue between school and home.

Parents will be consulted during policy review cycles.

Monitoring and Evaluation

The PSHE Subject Lead will monitor provision through:

- Planning scrutiny
- Lesson visits
- Pupil voice activities
- Staff feedback
- Curriculum reviews

Pupils' progress in PSHE will be assessed through discussion, observation, reflection activities and recorded learning outcomes where appropriate.

Findings will inform future curriculum development and staff training.

Roles and Responsibilities

Governing Body

Governors will:

- Ensure statutory requirements are met.
- Approve and review this policy.
- Monitor the effectiveness of provision.

Headteacher

The Headteacher will:

- Ensure compliance with statutory guidance.
- Support staff training.
- Respond to parental requests regarding withdrawal from sex education.

PSHE Subject Leader

The Subject Leader will:

- Monitor curriculum delivery.
- Support teaching staff.
- Ensure resources remain appropriate and up to date.
- Lead policy review.

This policy will be reviewed annually by the PSHE Subject Leader, Headteacher and Governing Body, or sooner if statutory guidance changes

Appendices

For further guidance on Relationships Education (Primary), Relationships and Sex Education (RSE – Secondary) and Health Education (Primary and Secondary), please visit the following: Guidance on Relationships, Relationships and Sex Education, and Health Education