



“Let Your Light Shine”

Frieth C.E.C. School

PSHE Policy

Member of staff responsible: Lorna Sparks

Designated Governor: Sarah Hunt

Headteacher’s signature

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Frieth School Vision statement:

‘...Your light must shine before people, so that they see the good things you do...’

Matthew 5:16

Values:

These are the Christian Values that are both taught and learnt in our school.

Kindness

Honesty

Creativity

Responsibility

Resilience

Respect

Personal, Social, Health and Economic Education (PSHE)

1. School ethos/ rationale

At Frieth CEC School our aim is to shine a light on individual success within a welcoming Christian and spiritual community. We embrace the uniqueness of everybody and are inclusive of all. Our values of respect, responsibility, resilience, honesty, kindness and creativity guide all that we do and we seek to develop these characteristics in all our pupils, preparing them to be reflective and responsible members of society.

Our Relationships Education will provide pupils with knowledge that will enable them to navigate and contextualise a world in which many will try to tell them how to behave, what to do and what to think. It will help them to develop the skills to express their own views and make their own informed decisions.

Our PSHE vision is developing life skills which will enable pupils to manage change, make healthy and safe choices, build character and be resilient, and become reflective and responsible members of society.

Personal, Social, Health and Economic Education is a distinct curriculum subject and has both statutory and non-statutory elements as defined by the DfE. High quality PSHE education supports pupils' personal, social, health

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 PSHE curriculum gives pupils opportunities to explore issues that are real and relevant to them in their daily lives in a safe and managed environment. High quality PSHE significantly contributes to personal and academic success, supporting all pupils to Achieve, Belong and Thrive.

2. 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 PSHE Education
- Help parents and carers to understand PSHE 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 and non-statutory aspects of the PSHE curriculum, including careers.

3. The Legalities

At Frieth school we teach the statutory parts of PSHE – Relationships education/RSE and Health Education through our PSHE curriculum. We also teach non statutory Sex Education as part of PSHE provision (please see our RSE 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 (July 2025)

Whilst primary schools are not mandated to provide sex education, we offer this as part of our PSHE curriculum in addition to the statutory elements of reproduction and life cycles contained in the science curriculum.

[Relationships and sex education \(RSE\) and health education - GOV.UK](https://www.gov.uk/government/topics/relationships-and-sex-education)

It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Relationships/ Relationships and Sex Education policy

4. The PSHE curriculum

Intent

Why do we teach it?

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

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

The personal, social, health 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.

Implementation

What, where and when is PSHE taught

What

At Frieth school statutory Relationships Education and Health Education are taught as part of a structured PSHE curriculum. We also teach Economic

Education and relevant themes to support our pupils to manage their lives both now and in the future.

At Frieth school we use the PSHE Association's scheme of work for the planning and delivery of PSHE. The programme of study is adapted to provide a relevant and age-appropriate curriculum. We also use 1Decision and Christopher Winter Sex Education and Drugs and Alcohol Education resources. 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.

Relationships Education

Our PSHE curriculum covers statutory Relationships education (please see RSE policy for further details). 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. Further details on what we are required to teach can be found in appendix 2 (DfE Relationships outcomes). Our reception class follows the schools PSHE curriculum in addition to the EYFS curriculum and uses 1Decision.

Sex Education

As part of our PSHE provision we teach sex education. This is an important and recommended aspect of the curriculum. As a non-statutory element of PSHE parents / carers have the right to withdraw their child from designated sex education lessons. We encourage parents and carers to talk through any concerns they may have and make an informed choice about whether to exercise the right to withdraw their child. Please see our RSE policy.

Health and Wellbeing Education

We deliver statutory Health and Wellbeing education through our PSHE 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:

- General Wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health, protection and prevention
- Basic first aid
- Developing bodies*

*Developing bodies 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 (or reception). A list of key vocabulary can be found in appendix 3. Using the scientific names of genitalia is part of statutory Health Education (Developing Bodies) and recommended by the NSPCC, the PSHE Association, and supports the safeguarding of pupils. DfE outcomes for Health Education can be found in appendix 2

Living in the wider world/Economic Education

Our PSHE curriculum covers Economic Education and Living in the Wider World. Pupils will learn about their position as a global citizen and how they can make choices to better the environment, water and energy use, and biodiversity and managing money enterprise skills)

When / How

At Frieth school PSHE is a taught subject. PSHE is timetabled once a week and delivered by class teachers. The PSHE 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. PSHE is taught in units and the themes are available to view on the school website. (Materials that are used can be viewed by contacting the PSHE or class teacher)

Managing difficult Questions and confidentiality

In PSHE pupils learn about personal safety and the law. If a pupil asks questions or makes comments that raise concerns these will be followed up following safeguarding protocols. 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 PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. To ensure the content and delivery of PSHE 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 PSHE 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 into inappropriate sources of information. Any inappropriate views are carefully challenged, particularly in respect to sexual harassment, extremism, and discrimination in line with the school's duty to the 2010 Equalities Act. Any derogatory language or extreme views are explored with pupils separately, reported, and publicly called out if such views are expressed during the lesson.

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

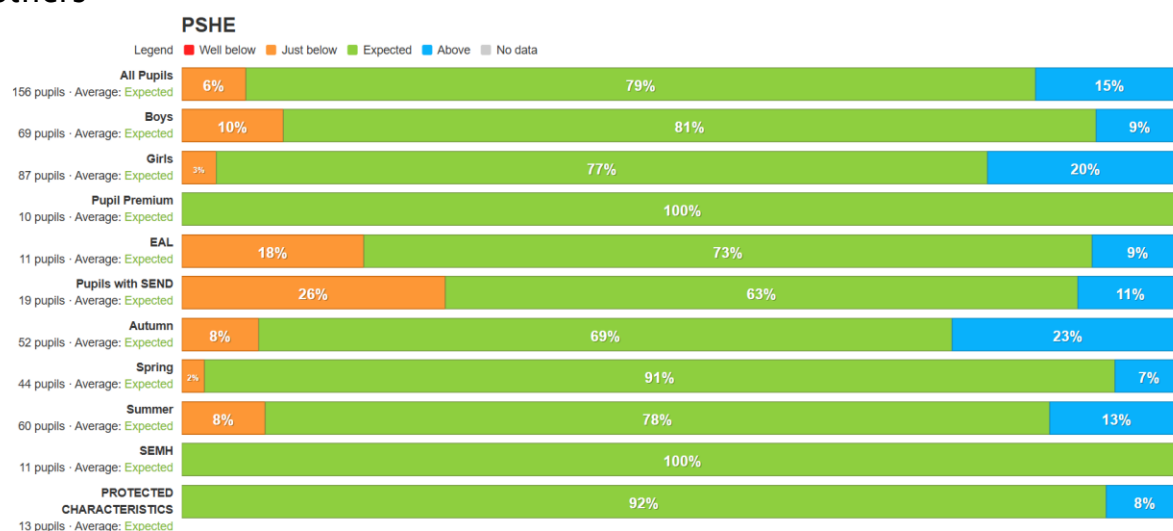
How delivery and content will be made accessible to all pupils including SEND

We are an inclusive school. As with all subject areas, delivery of PSHE is made to all pupils through Quality First Teaching, which takes into account the learning needs of all the children in the classroom. This includes providing differentiated work and creating an inclusive learning environment that is sensitive to the individual learning, emotional, social or economic needs of pupils. Pupils who receive 1:1 support will have access to support during PSHE lessons where appropriate to their needs. Lesson plans will take account of the differing needs of pupils with SEND however; the school recognises that not all

pupils with identified special educational needs require the same level of support in PSHE as they may do in other core subjects.

Impact

- PSHE 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 are able to 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 taught how to manage their own financial wellbeing
- 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



5. 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 PSHE is taught consistently across the school and for managing requests with regards to the parental right to withdraw from non-statutory Sex Education.

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

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

6. Working with outside agencies and visiting speakers

The school has a GDPR policy, DBS protocols, the privacy statements, confidentiality policies and CP policies which all staff follow.

7. Monitoring, evaluation and training

- PSHE provision will be monitored and evaluated by the PSHE lead, SLT and Governors in line with the monitoring cycle agreed by the school. The PSHE policy will be reviewed annually.
- To ensure staff are confident to deliver all aspects of the PSHE 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

8. Working with parents

It is vital that parents and carers know what is being taught and how to support their child/children. The PSHE curriculum overview is published on the school website along with the PSHE policy, and RSE policy. Appendix 1 shows what is being taught as part of the rolling programme in Key Stage 1 & 2.

We have an open-door policy for any parents/ carers who wish to find out more about our PSHE provision. We consult with parents, carers and the wider community through whole school emails, our cohort meeting and parent rep sessions to provide an ongoing process to ensure we all work together for the greatest benefit of the children. We understand that parents and carers may wish to approach the school to access help with concerns they may have about their child and where they can go to obtain further support.

Our PSHE policy and PSHE 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 PSHE 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 Sex education lessons (please see RSE policy for further details) and there is no right to withdraw from PSHE which includes statutory Relationships Education and Health Education. The science curriculum also includes content on human development, including reproduction, for which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum.

Useful information for parents

We have areas of the school website signposting to trusted external websites e.g. ParentZone, NSPCC, ThinkUKnow

The DfE guide for parents is here

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

9. Linked policies

Safeguarding

Anti - Bullying Policy

RSE policy

Cross Curricular links will also be made between PSHE and other curriculum areas as appropriate, including:

- RE: religious and moral beliefs, values and practices that underpin and influence personal and social issues and relationships
ENGLISH: skills in enquiry and communication, stories that illustrate aspects of personal and social development.
- MATHS: aspects of financial capability, counting and sharing
- SCIENCE: drugs (including medicines) sex education, health, safety and the environment
- D&T: health and safety, healthy eating
- HISTORY: reasons for and results of historical events, situations and changes
- GEOGRAPHY: topical issues concerning the environment; GLOBAL CITIZENSHIP
- ART/DT: reflecting on and responding to ideas and experiences communicated through works of art, craft and design from different times and cultures

- MUSIC: making the most of abilities in playing or singing, issues of cultural diversity, their value and their expression
- PE: teaching and learning about health and safety, development of personal and social skills through team and individual activities, games and sports.

PSHE will further be supported through discreet activities and school events.

10. Policy development

This policy has been consulted on with parents and Governors

PSHE lead with staff or working group pulled together all relevant information including relevant national and local guidance / guidance from Public Health PSHE lead.

Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.

Parents were emailed the policies and offered the opportunity to comment or raise questions. Class reps met with the PSHE lead.

Pupil consultation – questionnaires filled in by all children regarding PSHE lessons and questions raised to shape further lessons.

Ratification – this policy was shared and ratified with governors.

Appendix 1

Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYFS materials](#).

Statutory RSHE

Statutory RSHE

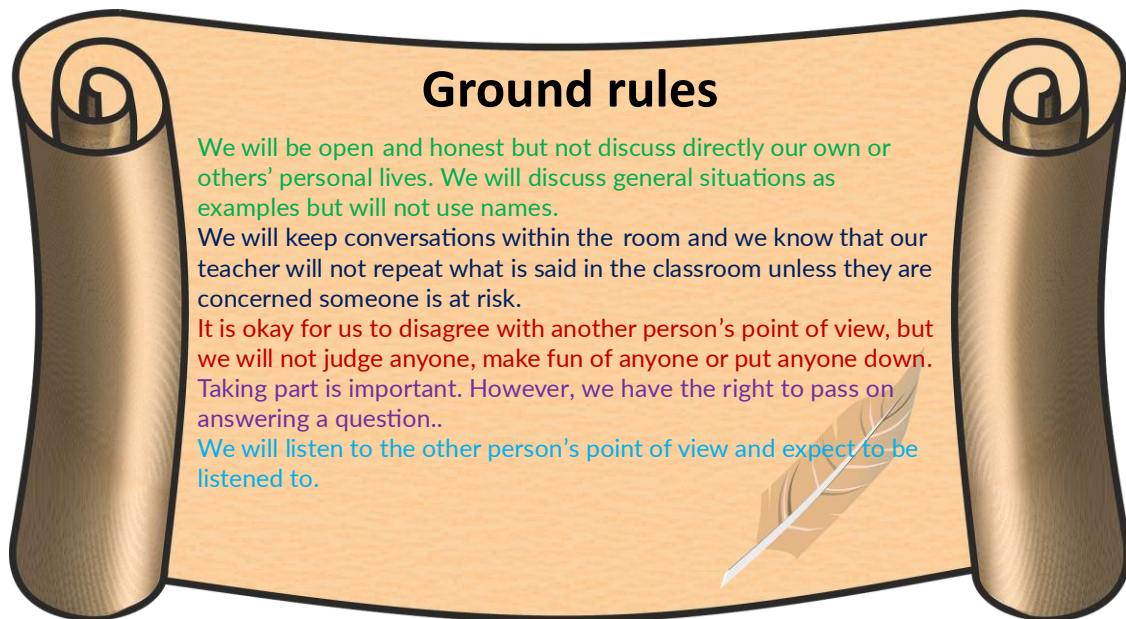
Economic Wellbeing & Careers

Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (<i>and sex education</i>)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

Appendix 2

Ground rules for PSHE lessons



1

Appendix 3

DEF information from statutory guidance

Relationships –

<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