

**Stickland's Primary School PSHE Policy  
2025-2026**

**What is PSHE?**

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It is a subject which aims to equip pupils with the knowledge, skills and understanding they need to become informed, active, responsible citizens who make safe and informed decisions. It supports children with the opportunities, challenges and responsibilities they will face as they grow up and in adulthood.

By teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, an effective PSHE programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils.

Our PSHE curriculum incorporates Relationships and Sex Education (RSE) which is lifelong learning about sex, sexuality, emotions, different types of relationships and sexual health. In primary school, the focus 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.

RSE in primary school is the learning about our bodies, reproduction and puberty within the context of emotions, relationships and healthy choices. It lays the foundation for future work on sexual and reproductive health and so helps to prepare children for adulthood.

**Aims**

The children should receive teaching which:

- Actively promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life
- Promotes the importance of being physically and mentally healthy
- Provides pupils with the tools to develop their emotional resilience
- Equips them with the knowledge they need to stay safe in school, at home, online and in the wider community
- Promotes community cohesion
- Encourages them to make decisions and to understand those decisions and the implications of them
- Helps them to understand that they can make a contribution to their community and to recognise the value of their involvement PSHE Page 3 May 2021
- Promotes attitudes and behaviours which contribute to personal, family and community mental and physical health
- Promotes positive attitudes toward equal opportunities and life in a multicultural society by dealing sensitively with values and with cultural and racial issues
- Develops an understanding of the emotional, social and physical aspects of growing up, relationships, sex and human sexuality
- Develops an understanding of the role of money in their lives and that of different communities.

**Knowledge, skills and understanding**

At Stickland's CE VA Primary School, we follow the Kapow Scheme of Work. The PHSE curriculum is split into 6 themes of learning as follows:

<b>Term 1 (1st)</b>	<b>Term 1 (2nd)</b>	<b>Term 2 (1st)</b>	<b>Term 2 (2nd)</b>	<b>Term 3 (1st)</b>	<b>Term 3 (2nd)</b>
Setting ground rules	Families & relationships	Health & wellbeing	Safety & the changing body	Citizenship	Economic wellbeing Identity

The following strategies are used in the delivery of the PSHE curriculum:

- Human Values and Questions: These link with history and geography education and give children an opportunity to think deeply about issues historically and in the wider world.

- Whole school PHSE themes - The same theme of learning is covered by all Key Stage teams at the same time. Acts of Worship, class buddy sessions and PSHE whole school events provide clear and overt opportunities to promote (when appropriate) the themes positively so that the key PSHE messages become embedded in school life with a consistent language.
- Using engaging and relevant texts to address PSHE themes
- Circle Time
- Discrete PSHE delivered through timetabled lessons
- We place an emphasis on active learning and so much of PSHE is based on discussion and group work skills.

### **Assessment and reporting**

All children will contribute through their thoughts, discussions and recorded pupil voice to whole class; in KS1 and KS2 each child has their own PSHE book to record their learning in PSHE during their time at school. Working Walls will also help to stimulate thinking and development of learning and ideas. Teachers will monitor and assess children's understanding of the key PSHE skills through their recorded work, regular discussion and observations.

### **Confidentiality**

Our school is committed to acting in the best interests of all individuals within the school community. PHSE lessons should take place within a safe and supportive environment that facilitates relevant discussions. Confidentiality contributes to this and will be used as a ground rule for PHSE lessons. Parents and carers have the right to withdraw their children from all or part of the sex and relationship education provided at school except for those parts included in the statutory Science National Curriculum. Parents and carers who wish to exercise this right should talk with the class teacher and member of the Senior Leadership Team. The issue of withdrawal will be handled as sensitively as possible and alternative arrangements will be made for any child withdrawn from this aspect of the curriculum

Reviewed: June 2025

Review date: June 2026