

# Wye Forest Federation

Redbrook Church of England Primary School

St Briavels Parochial Church of England Primary School



## PSHE Policy

This policy was agreed by the Full Governing Body on: (and supersedes all previous policies relating to this area)	20.11.2025
Implemented:	September 2024
Reviewed	November 2025
Review date:	1.11.2026

## Our vision

### **Love, Learn, Live.**

We believe that PSHE and citizenship should enable children to become healthier, more independent and more responsible members of society. We encourage our children to play a positive role in contributing to the life of the school and the wider community. In so doing, we help develop their sense of self-worth. We teach them how society is organised and governed. We ensure that the children experience the process of democracy as children are always listened to by adults and taught to listen carefully and with concern to each other, respecting the right of every individual to have their opinions and voices heard. We teach children both about their rights and about their responsibilities. They learn to appreciate what it means to be a positive member of a diverse and multicultural society.

At the Wye Forest Federation our personal, social and health education (PSHE) programme runs alongside our Relationships and Sex Education (RSE) Policy. It promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community.

They learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to some of the principles of prudent financial planning and understanding. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life-long learning.

As a Church of England school, our PSHE and RSE school policies also adhere to the Church of England 'Valuing All God's Children' document (September 2019). This states that: One of the four strands of the Church of England Vision for Education is dignity and respect. Part of this vision is to create a culture where children can grow to be content, living well in their own skin, and happy for others for the skin they're in. This happens best in a culture of love that accepts, forgives and keeps faith with children and young people as they explore questions of identity and selfhood.

At the Wye Forest Federation, we regard PSHE as an important, integral component of the whole curriculum and we strongly promote our values through our day to day dealings with children and adults. We provide a broad and balanced curriculum, ensuring that it:

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society.
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life.

- Provides information about keeping healthy and safe, mentally, emotionally and physically.
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

### **Aims**

The aims of PSHE and Citizenship fall into 3 core themes: Health & Wellbeing, Relationships and Living in the Wider World.

### **Health & Wellbeing**

- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing. • Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.
- Know how to promote and maintain good mental health.

### **Relationships**

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know how to respect equality and diversity in relationships.

### **Living in the Wider World**

- Know the importance of responsible behaviours and actions.
- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the wider and global community.
- Know about where money comes from, keeping it safe and the importance of managing it effectively.
- Have a basic understanding of enterprise.

## PSHE Teaching and Learning

Pupils are taught PSHE using '1decision' which is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. This scheme has been quality assured by the PSHE Association.

At the Wye Forest Federation, in addition to Relationships Education, we also teach aspects of Sex Education that is covered in our Science Curriculum. Alongside this we teach about different kinds of relationships, including same sex relationships, and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain. The Sex Education aspects of PSHE are taught through the '1decision' for years 4-6 and The GHLL Pink curriculum for years R-3.

PSHE is taught through 1decisions eight themes in two key stage groups.

5-8 year olds:

Keeping/staying safe

Keeping/staying healthy

Relationships

Being responsible

Feelings and emotions

Our world

Hazard watch/A world without judgement

Fire Safety

8-11 year olds:

Keeping/staying safe

Keeping/staying healthy

Growing and changing

Being responsible

Feelings and emotions

The working world

A world without judgement

Computer safety will be taught in ICT lessons.

It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.

We supplement our PSHE curriculum with the teaching of social and emotional learning (protective skills for mental health), this is taught daily. Please see Mental Health and well being policy.

### **SEND**

We teach PSHE and citizenship to all children, regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of children with learning difficulties. We believe that PSHE must be accessible for all our pupils. This is particularly important when planning teaching for pupils with special educational needs and disabilities who represent a large minority of pupils. We provide quality teaching that is differentiated and personalised which will be the starting point to ensure accessibility. We are also mindful of preparing children for adulthood outcomes, as set out in the SEND code of practice, when teaching these subjects to those with SEND.

### **Wider Curriculum**

- Visitors such as emergency services and the school nurse complement our PSHE curriculum to offer additional learning.
- We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values of Courage, Compassion, Resilience and Respect.

### **Assessment**

The use of formative assessment will be key in ensuring children have appropriate PSHE learning.

Baseline materials and End of unit materials as well as pupil and teacher assessment sheets are available through 1 Decision. These will form a key part of identifying progress in the subject alongside PSHE Journals where children will record their reflections, in words and pictures, in their learning as they work through topics.

SL monitoring will be planned in and regular staff meetings throughout the year where we share work and assessment findings will support the SL to ensure high quality PSHE is having an impact on the children in our federation.

## **Prevent Duty**

Since July 2015, schools and a range of other public bodies have a legal responsibility to give due regard to the need to prevent children and young people from being drawn into terrorism. This is known as the Prevent duty and is part of the schools wider safeguarding.

## **Statutory Requirements**

PSHE is statutory. Areas of the curriculum which relate to Science teaching are also statutory. As a school, we also provide additional Sex Education sessions. Parents do have a right to withdraw their children from this – see Right to Withdraw form in Appendix 3 (RSE Policy).

## **Links to other Policies**

Mental health and wellbeing policy

RSE Policy

Behaviour Policy

SEND Policy

RE Policy

Equality Policy