



## **Personal, Social, Health, Relationships and Economic education (PSHRE)**

*Written: 24.3.21/To be ratified by Governors June 2021*

### **Aims:**

The foundation of our Relationships and Health Education programme is to develop pupils' knowledge, skills and attitudes so that they make informed decisions about their wellbeing, health and relationships as they move from childhood to adolescence and into their adult lives. All statutory elements of the updated RHE curriculum 2020 have been included into our PSHRE curriculum.

The aims and objectives of our PSHRE curriculum is to:

- understand what a relationship is and know how to promote positive relationships with other people, respecting the rights and feelings of others: providing children with the tools to developing loving, caring relationships and friendships now and in future life, including when spending time online;
- create an ethos of positive relationships between all members of the school community;
- provide knowledge of how the human body functions, how it grows and how we change physically and emotionally;
- provide knowledge of how to look after the human body, understanding the importance of healthy eating, mental wellbeing and physical health and fitness whilst knowing the facts and risks associated with drugs, alcohol and tobacco;
- emphasise the importance of self-esteem in encouraging all members of the school community to respect and care for their body and mind;
- present the facts about lifestyle choices in order for all pupils to then make informed judgements and be prepared for the demands of life in the 21<sup>st</sup> century;
- work closely with parents, carers and governors, developing a partnership approach, in the dissemination of information on Relationship and Health Education;
- give regard to the age, emotional and physical maturities of pupils within all age groups taught, including those pupils with special educational needs, and ensure equality of opportunity and experiences.

### **Statutory Requirements**

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education, but we do need to teach the biological elements contained in the National Curriculum for Science.

### **Delivery of RHE within PHSRE**

In the Early Years Foundation Stage, pupils are taught elements of Relationship and Health Education relevant to their age and maturity from the Early Years Curriculum. At Key Stages 1 and

2, Relationships and Health Education is delivered through our Personal, Social, Health Relationships and Economic (PSHRE) and Science curriculum programmes. We take a thematic approach to the teaching of PSHRE covering the themes of Relationships, Living in the Wider World and Health and Wellbeing. All year groups work on similar themes at the same time, building a spiral progression where concepts are revisited year on year.

The following topics are taught throughout KS1 and 2.

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being Safe
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Puberty (Year 5)

Discussion is at the heart of our teaching of PSHRE as we want all children to develop the knowledge, skills and attitudes they need to make informed decisions about their wellbeing, health and relationships as they move from childhood to adolescence and onto their adult lives. In lessons, children are given time to explore, think and question. They are encouraged to listen to others and to respect other people whether they agree with their views or not.

### **Roles and Responsibilities**

The governing body approve the PSHRE policy. The Headteacher is responsible for ensuring that PSHRE is taught consistently across the school. Staff are responsible for delivering PSHE in a sensitive way, modelling positive attitudes, monitoring progress and responding to the needs of individual pupils. Parents do not have the right to withdraw children from PSHRE as all non-statutory elements have been omitted.

### **Training**

Staff are trained on the delivery of RHE as part of their continuing professional development.

### **Monitoring and Evaluation**

Both the policy and classroom delivery will be monitored and evaluated as part of the regular cycle of self-review by the SLT and PSHRE lead.