



## Kingsclere CE Primary School

# PSHE and RSHE Policy

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Governors Committee Responsible	Curriculum
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The policy is created by Kingsclere CE Primary School stakeholders and is informed by the DfE guidance: Keeping Children Safe in Education, Behaviour and Discipline in Schools, Equalities Act 2010, SEND code of practice, Mental Health and Behaviour in Schools, Preventing and Tackling Bullying including cyberbullying, Sexual violence and sexual harassment between children in schools and Promoting Fundamental British Values as part of SMSC in schools. The document also follows guidance from the Department for Education regarding the RSHE curriculum: [Relationships and sex education \(RSE\) and health education - GOV.UK](https://www.gov.uk/government/guidance/relationships-and-sex-education-rse-and-health-education)



Kingsclere CE Primary School, Ash Grove, Newbury, Berkshire, RG20 5RE

*Hand in hand we learn, we grow, we soar. Love,  
Courage and Respect*

# PSHE and RSHE Policy

## Intent

At Kingsclere CE Primary School, our Personal, Social, Health, and Economic (PSHE) education and Relationships, Sex, and Health Education (RSHE) curriculum align with our school vision - to nurture confident and thoughtful individuals. Rooted in our core values of Love, Courage, and Respect, our curriculum equips children with the essential knowledge and understanding of healthy, respectful relationships. This includes a focus on family and friendships across all contexts, including online interactions.

We provide a happy, safe, and nurturing environment where children can explore complex issues and develop positive beliefs, values, and attitudes. We aim to deliver high-quality, innovative lessons using thought-provoking questions to encourage creative and collaborative thinking, helping children to grow with confidence. Through our teaching, we develop pupils' emotional intelligence and vocabulary, enabling them to make safe choices and understand how to protect themselves as they grow. We strive to foster selfawareness and a deeper understanding of the world while covering core themes in an inclusive environment.

We undertake to follow the principles in the Church of England Charter: '[Charter for faith sensitive and inclusive relationships education, relationships and sex education \(RSE\) and health education \(RSHE\)](#).'

Our RSHE Policy should also be read alongside wider policies of Behaviour, Mental Health and Wellbeing, Inclusion, Equalities and Diversity and Safeguarding. This policy has been written in respect of the [Equalities Act 2010](#) and aspects required under the Ofsted Inspection Framework and [Keeping Children Safe in Education](#).

## Statutory RSE and Health Education

Relationships and Sex Education and Health Education (England) Regulations 2019, made under section 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving Primary education. We ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect.

As such, our curriculum content complies with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics. As a school we are free to determine how and when to teach our pupils about LGBT+ contact at a timely, age-appropriate point within the curriculum.

## Safeguarding Responsibilities

PSHE and RSHE learning, work with pupils' real-life experiences and it is key that both staff and pupils are protected in these lessons. A safe and supportive environment is created by ensuring our discussions are kept respectful and are carefully planned to ensure thought and attention has been given to sensitive topics covered. All staff and visitors will follow policy and procedure for all safeguarding in any lesson.

## RSHE Curriculum

Relationship, Sex and Health Education is taught by a class teacher in each year group from EYFS to Year 6, with more explicit Sex Education being taught in upper KS2.

We deliver our RSHE as part of our wider PSHE teaching and learning where we enable pupils to become happy, successful and productive members of society. We believe children should be taught kindness, generosity and honesty, integrity, courtesy and self-efficacy, in line with our school vision, values and strapline to help prepare them for opportunities, responsibility and experiences.

PSHE makes a significant contribution to the promotion of young people's personal and social development. This is an essential aspect of education, supporting learning across all curriculum areas. PSHE enables pupils to recognise and manage their emotions and to communicate positively in a range of scenarios.

Our curriculum is mapped out through a clear progression of skills whereby children explore and discuss a range of themes to support with their understanding of themselves and others, enabling them to form safe and effective relationships and know their own self-worth. Our core themes - Health and Wellbeing, Relationships, and Living in the Wider World - equip children with the knowledge and skills to achieve their academic and personal goals. The themes help children learn to persevere through challenges and develop resilience to navigate difficult times in their lives. Our My Happy Minds whole school program also supports many of our PSHE and RSHE teaching and learning goals. More information about our My Happy Minds program can be found on our school website: <https://kingsclereprimary.com/information/mental-healthwellbeing/>

Our progression of substantive knowledge and disciplinary skills carefully map our age-appropriate content in line with [DfE Guidance](#). Staff have contributed to the development of content which has been shared with pupils, parents and Governors taking individual needs and situations into account. Content is carefully adapted to ensure it is accessible to all pupils, including those with Special Educational Needs and Disabilities. Children at Kingsclere CE Primary School:

- know about the physical development of their bodies as they grow into adults
- know about the way that humans reproduce
- respect their own bodies
- recognise the importance of family life
- have opportunities to ask and consider moral questions
- understand what makes for good relationships with others
- develop self confidence and self-esteem, and make informed choices regarding personal and social issues
- respect the views of other people
- know that abuse can happen and that this includes sexual abuse and what they should do if they are worried about any sexual matters

## Monitoring and Evaluation

As with any learning, the assessment of pupils' PSHE and RSHE is valued as it enables the teacher to gauge children's progress, and it also informs the development of the lessons. Pupils have the opportunity to reflect upon their personal learning experience, set goals, and record their understanding in a range of ways, for example: posters, leaflets, reflective diaries, use of technology (Seesaw). Children's progress is also monitored during class discussions, group work, questionnaires / surveys and peer assessment. Pupil voice is also used to adapt and amend material for PSHE and RSHE and ensure it is relevant and effective to both our learners and the wider community.

## Working with Parents and Carers

We pride ourselves on working in partnership with parents and carers and look to support them with how they can share RSHE content at home. The role of parents and carers in the development of our children's understanding about relationships is vital; parents and carers are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

Parents and Carers can find information linked to their child's RSHE learning in the termly curriculum maps which can be found on Kingsclere CE Primary School website under the heading **Information – Curriculum – Enquiry Curriculum**: <https://kingsclereprimary.com/information/enquiry-curriculum/>

Parents have the right to request that their child be withdrawn from some or all of sex education content delivered as part of statutory RSHE; however, we encourage parents to consult with the Headteacher to ensure their wishes are fully understood and for school to clarify the nature and purpose of the curriculum and this process will be documented.

Sex education content will be taught in line with National Curriculum Science expectations. In addition, Year 6 pupils receive age-appropriate sex education to help prepare them for transition to secondary school. Parents have the right to request that their child is withdrawn from this additional element of sex education, and the Headteacher will discuss the request with them.

There is no right to be withdrawn from statutory Science content, Relationships Education or Health Education.