



**Fairfield Primary School
Personal, Social, Health Education (PSHE) and
Relationships and Sex Education (RSE) Policy**

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By:	Laura Marshall
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Aims

At Fairfield, we want children to live our school motto of 'Dream, Believe, Achieve' and be 'Future Ready'

Our programme of study enables children to become healthy, confident, independent and 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 to develop their sense of self-worth. We teach them how society is organised and governed and about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society. PSHE helps children to acquire the skills, knowledge and understanding, attitudes and values, which are necessary to make sense of their life experiences and to feel confident and informed. The knowledge and attributes gained will support their own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.

Statutory Requirements

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for opportunities, responsibilities and experiences of later life.
- This policy meets the requirements that schools publish a Relationships and Sex Education policy and does this within the wider context of Personal, Social, Health Education.

This policy should be read in conjunction with:

- E-Safety Policy
- Anti-bullying Policy
- Safeguarding Policy
- SEND Policy
- Mental Health Policy

PSHE

At Fairfield Primary School, we believe that Personal, Social and Health Education is an important and necessary part of all pupils' education. As teachers, we teach PSHE as a whole school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

Our PSHE programme of study is tailored to reflect the needs of our pupils, and equip them with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Teaching staff deliver a well sequenced and progressive PSHE programme of study in line with Government guidelines and includes all the statutory

requirements for Relationships and Health Education. Sex Education, is also included within the 'Health and Wellbeing' core theme. The overview of the programme can be seen on the school website.

This also supports the 'Personal Development' and 'Behaviour and Attitude' aspects evaluated under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Statutory Relationships and Health Education

"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...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools."

DfE Guidance p.8

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society."

Secretary of State Foreword DfE Guidance 2019 p.4-5

"Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons."

DfE Guidance p.8

"All schools must have in place a written policy for Relationships Education and RSE."

DfE Guidance p.11

Here, at Fairfield Primary School we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

What do we teach and who teaches it?

Our programme of study covers all areas of PSHE for the primary phase and we include the statutory Relationships and Health Education within it. Our curriculum is tailored to the needs of our children and is constantly evolving due to topical, local and national issues that arise e.g. vaping and knife crime are topics that are now part of the 2025 curriculum update.

We focus on three core themes (one per term):

1. Health and Wellbeing – including physical health, mental health, growing and changing, drugs, alcohol and tobacco and keeping safe.
2. Relationships – including families, friendships, bullying, safe relationships and respecting ourselves and others.
3. Living in the Wider World – including shared responsibilities, communities, media literacy and digital resilience, money, aspirations, work and careers,

At Fairfield Primary School, we allocate 1 hour to PSHE/RSE per week in order to teach the required knowledge and skills in a developmental and age appropriate ways.

Class teachers are responsible for the teaching of PSHE/RSE because of its content, background knowledge and relationships to the pupils. Any lesson may include topics that some children are more sensitive to, before the lesson children are reminded of their class charter which prevents inappropriate personal information being requested or disclosed. This also establishes a safe learning environment for the children. Teachers are asked to answer questions from pupils in an honest, non-biased, age appropriate way and use subject specific and scientifically correct vocabulary listed in the long-term plan to support our safeguarding agenda.

Explicit lessons are reinforced and enhanced in many ways including:

- Whole school/key stage and class assemblies (content is time tabled by Mrs Marshall)
- Classroom charters agreed mutually at the start of the year and reinforced regularly.
- School Displays e.g. British Values
- School rules and responsibilities
- Teaching learning aims through other subjects/curriculum areas where teachers find 'in the moment' opportunities.
- Whole school events e.g. Anti-Bullying Week, Safer Internet Day, NSPCC number day
- Immersion days/weeks e.g. Black History Month and International Women's Day
- Workshops by professionals e.g. Dogs Trust, Police, St Johns Ambulance and the NSPCC.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'. Information on how Fairfield's Programme of Study covers these modules and can be found in the Long-Term plan on the school's website.

It is important to explain that whilst the Relationships core theme covers most of the statutory Relationships Education, some of the outcomes are also taught in the other two core themes. This all-inclusive approach ensures the learning is reinforced through the year and across the curriculum.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'. Information on how Fairfield's Programme of Study covers these modules and can be found in the Long-Term plan on the school's website.

It is important to explain that whilst the Health and Wellbeing core theme covers most of the statutory Health Education, some of the outcomes are taught elsewhere in the scheme to again, revisit and reinforce learning.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Growing and Changing' topic in the Health and Wellbeing theme.

Assessment and Recording

In order to be confident in the impact of PSHE across the whole school community, the PSHE leader monitors the subject through discussion with pupils (pupil voice), gathering evidence of written activities apparent in floor books, monitoring displays and through ongoing discussion with colleagues (staff voice).

A child's progress will be recognised through recognition within the classroom, values passports being filled in and being awarded certificates and bands during weekly celebration assemblies.

Assessment in PSHE is both formative and summative. There are three, differentiated, clear learning objectives for each lesson to allow the teacher to be mindful of the assessment

elements within that session that can formatively help them pitch and plan subsequent lessons.

Activities are included in each lesson to give the children the opportunity to self-assess in a child friendly, age appropriate way.

The impact of the PSHE curriculum can be seen through:

- Children's Values Passports record children's development of our six, key character values.
- A well-rounded child with a developed sense of self-worth who will share their thoughts and opinions confidently with others in a climate of openness, trust and respect, and know when and how they can seek the support of others and embrace diversity.
- Children becoming 'Future Ready', equipped with the knowledge and skills to make the right choices in society and global community.
- The pupils' attitude, behaviour and demeanour around school, within lessons, at playtimes' and out in the community demonstrates the respect, tolerance and high aspirations that our pupils have of themselves and each other
- Children that demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty
- Children that are proud of the PSHE / RSE work that we deliver at Fairfield Primary School, the evidence being seen through the well-rounded, confident, tolerant and independent pupils that leave us at the end of year 6.
- Children that apply their understanding of society to their everyday interactions, from the classroom to the wider community of which they are a part

Inclusion

We teach age appropriate PSHE to all children, regardless of their gender, identity, sexual orientation, ethnicity, culture, religion or SEND. We offer high quality teaching that is differentiated and personalised ensures accessibility to all of our children, providing learning opportunities matched to the individual needs of children with learning difficulties. Sensitivity is applied in respect of children's individual needs. Our School is aware that some pupils are more vulnerable to exploitation, bullying and other issues.

Equality

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

At Fairfield Primary School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

Child Protection

Teachers need to be aware that effective PSHE education may lead to a disclosure of a child protection issue. If this occurs, teachers will report all concerns to the designated safeguarding lead in line with the LEA procedures for child protection. A member of staff cannot promise confidentiality to the child if a concern arises and this should be made clear to the child.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

However, 'Sex Education is not compulsory in primary schools'. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

Parents' right to request their child be excused from Sex Education

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p. 17

At Fairfield Primary School, puberty is taught as a statutory requirement of Health Education and covered by our PSHE Programme of Study in the 'Growing and Changing' unit in the core theme 'Health and Wellbeing'.

We conclude from the DfE Guidance that sex education refers to Human Reproduction. In order to teach this in a scientific context, and knowing that National Curriculum Science requires children to know how mammals reproduce, we have opted to teach this within our Science curriculum, and in the Year 6 'Relationships' topic.

Therefore, the parents right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum, show you the resources we use and invite you to contact Mrs Marshall (PSHE/RSE lead) for any questions you may have on this subject.

Roles and Responsibilities

- The Governing Body approves the policy and holds the headteacher and subject lead to account for its implementation
- Mrs L Marshall – DSL, SLT and Subject Lead
- Mr R Birtwhistle – Safeguarding Lead

- Mr P Whitaker – Computing/E -Safety Lead
- Mr P Fox and Mrs L Calvert – P.E Lead
- Mrs A Dunford – SEND Lead

Monitoring and Review

Monitoring is the responsibility of the head teacher, governors and teacher with responsibility for PSHE education. The PSHE subject leader is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader will support colleagues in the teaching of PSHE, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in school.

Links with other curriculum areas:

English – Skills in enquiry, and communication. Writing tasks linked to PSHE topics.

Maths – Aspects of financial capability and economic wellbeing

Science – Drugs, body parts and puberty, healthy lifestyles and the environment

History – Results of important historical events, diversity within societies and significant inspirational people

Geography – Environmental issues, sustainable development and pollution

R.E – Religious and moral beliefs, values and practices that underpin and influence social issues, personal issues and relationships.

P.E – Healthy lifestyles and contributing factors.

I.C.T – Cyber safety and cyber bullying

D.T – Healthy eating topics

This policy will be reviewed every two years.

Person to initiate review: Mrs L Marshall

Approved by: Head teacher and Governing Body

Date of last review: