

Little Missenden CE Infant School

Personal, Social, Health and Economic Education (PSHE) Policy



Policy Name	Personal, Social, Health and Economic Education (PSHE) Policy
Review Cycle	3 years
Date	Spring 2025
Review Date	Spring 2028
Person responsible	Headteacher
Headteacher	<i>M. Green</i>
Chair of Governors	<i>A. Evans</i>

'Rooted and grounded in love' Ephesians 3:17
 friendship, thankfulness, honesty, forgiveness, compassion and trust





Little Missenden CE Infant School

PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE) POLICY

Spring 2025

School Ethos

At Little Missenden CE School our vision statement is, 'Rooted and Grounded in Love'. We place this vision at the centre of school life, so, consequently, our children are at the centre of all we do. Our vision emphasises the value and worth of everyone with their own distinctive character, abilities, and needs. Our belief that we should all respect and help each other provides the foundation for our school and everything we aim to achieve. Our work is motivated and inspired by our core values which are Friendship, Thankfulness, Honesty, Forgiveness, Compassion and Trust.

The Importance of PSHE in the Curriculum

Personal, Social, Health and Economic Education (PSHE) is a distinct curriculum subject and has both statutory and non-statutory elements as defined by the DfE. High quality PSHE education supports pupils' personal, social, health and economic development and gives children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens. Pupils will learn about relationships, health and wellbeing, keeping safe, managing their off and online lives, living in the wider world and financial education at an age appropriate level. We encourage our children to play a positive role in contributing to the life of the school and the wider community. In doing so, we help to 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 through participation in the School Council. We teach children about their rights and responsibilities. They learn what it is to be a positive member of a diverse and multi-cultural society. PSHE prepares our children for the opportunities and challenges of life in a safe and managed environment.

The aim of this policy

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching PSHE Education
- Help parents and carers to understand PSHE Education and support them to work with their child to secure the very best outcomes for all pupils
- Demonstrate how the school meets legal requirements with regards to teaching Relationships Education, Sex Education and Health Education

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Legislation (Statutory Regulations and Guidance)

Department for Education statutory guidance for 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 states that from September 2020, all schools must deliver Relationships Education (in primary schools) and Relationships and Sex Education RSE (in secondary schools). It is compulsory for all schools to teach Health Education. The parental right to request withdraw pupils from RSE (but not Relationships or Health Education) remains in primary and secondary education, for aspects of sex education which are not part of the Science curriculum.

At Little Missenden School we aim to meet the needs and interests of all pupils, irrespective of age, gender, ethnicity, religion, disability or learning need. We believe it is important to ensure that the PSHE curriculum meets the need of every pupil under the Equality Act of 2010.

We comply with the 'Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance issued by the DfE.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Whilst primary schools are not mandated to provide sex education, we offer this as part of our PSHE curriculum in addition to the statutory elements of sex education contained in the science curriculum. We are required to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

We follow the DfE guidance for teaching PSHE (updated September 2021)

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Relationships and Sex Education Policy.

The Curriculum

Intent

Why do we teach it?

We aim to provide high quality PSHE provision that will support pupils to develop life skills which will enable them to manage change, make healthy and safe choices, build character and be resilient, reflective, and responsible members of society.

Our PSHE provision has been designed to be age appropriate, whilst being sensitive to the needs of our whole school community to ensure PSHE provision gives our pupils an education which will support them both now and in the future.

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Our PSHE provision is underpinned by the 2010 Equalities Act and provides an inclusive curriculum that promotes understanding and mutual respect for all. We reflect diversity within our curriculum to ensure that no pupil feels excluded and teach pupils to understand, respect and celebrate difference and challenge stigma.

Ours PSHE provision extends beyond the curriculum and includes themed days/weeks, assemblies and fully supports our school's ethos and values. PSHE is part of our school's broad and balanced curriculum supporting spiritual, moral cultural, social and cultural education, citizenship, equalities and safeguarding. The personal, social, health and economical development of our pupils is a vital element of education and we aim to work collaboratively with parents/carers to ensure our children are well informed and supported to make healthy, safe and positive choices in all aspects of their daily lives.

Each area aims to cover the following:

Health and Wellbeing

- To develop self-confidence and self-esteem
- To know and understand what is meant by a healthy lifestyle
- To know how to maintain physical, mental and emotional health and wellbeing
- Develop their own attitudes and values

Relationships

- Acquire knowledge and understanding of important issues that may affect their lives and the lives of others
- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts
- Know how recognise and manage emotions within a range of relationships
- Know how to respect equality and diversity in relationships

Living in the Wider World

- Acquire knowledge and understanding of important issues that may affect their lives and the lives of others
- Engage in active participation in the school and local community
- Be positive and active members of a democratic society
- Know the importance of respecting and protecting the environment
- Know about where money comes from, keeping it safe and the importance of managing it effectively

See appendix 1 for PSHE curriculum overview

Implementation

Teaching and Learning

At Little Missenden School statutory Relationships Education and Health Education are taught as part of a structured PSHE curriculum. We also teach Economic Education and relevant themes to support our pupils to manage their lives both now and in the future.

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Early Years and Foundation Stage

In Early Years, PSED (Personal, Social and Emotional Development) is a prime area of learning therefore an integral aspect of daily planning, teaching and learning.

- Making relationships
- Self-confidence and self-awareness
- Managing feelings and behaviour

Planning is child led to reflect interests of the children and the needs of the school. Children take part in circle time and discuss topics and themes that are at their level. Teachers look at the three core themes and take aspects of these to inform their planning. PSHE is a fundamental building block in a child's development and underpins the whole curriculum.

Key Stage One

Within Key Stage One PSHE lessons are often more structured and follow the scheme of work that is in place. Children have the opportunity to form and share opinions, value differences, recognise feelings and emotions as well as identify what makes relationships healthy. As a school we promote British values ensuring that our children leave Little Missenden School prepared for life in Modern Britain. We support the values of democracy, rule of law, individual liberty, mutual respect and tolerance of different faiths and beliefs. We aim to empower children to have a voice and to stand up against discrimination, valuing equality, tolerance and mutual respect.

Planning

At Little Missenden School we use Twinkl as part of our provision with continuous training and guidance from the PSHE Association. We provide a spiral curriculum to ensure pupils are taught key aspects of PSHE at a relevant age and appropriate level and in line with their continuing personal, social and emotional development.

The following topics are covered:

Year 1

- Money Matters
- It's My Body
- Aiming High
- Be Yourself
- TEAM
- Diverse Britain

Year 2

- Safety First
- Think Positive
- Digital Wellbeing
- VIPs
- One World
- Growing Up

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Relationship Education

Our PSHE curriculum cover statutory Relationships Education (please see Relationships Education Policy for further details). Relationships Education in primary schools focuses 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.

By the end of primary school pupils will have been taught content on:

- Families and people who care for us
- Caring friendships
- Respectful friendships
- Online relationships
- Being safe

Pupils will be taught Relationships Education from Year 1 at an age appropriate level. Further details on what we are required to teach can be found in appendix 2 (DfE Relationships outcomes)

Health Education

We deliver statutory Health Education through our PSHE curriculum. Health Education aims to teach pupils about physical and mental wellbeing and give pupils the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue with regards to themselves and others, pupils will be taught how to seek support as early as possible and from a safe and trusted source.

By the end of primary school, pupils will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and drugs
- Health prevention
- Basic first aid
- Changing adolescent body

The changing adolescent body and puberty education is part of the statutory Health Education curriculum and is mandatory for all pupils. We teach the correct scientific names of all body parts from Year 1. A list of key vocabulary can be found in appendix 3. Introducing the scientific names of genitalia is recommended by the NSPCC, the PSHE Association and is recognised good practice, supporting the safeguarding of pupils.

Living in the Wider World/Economic Education

Our PSHE curriculum covers Economic Education and Living in the Wider World. Pupils will learn about where money comes from, the value of money and basic skills for managing money, saving and enterprise skills from our market days.

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Managing Difficult Questions and Confidentiality

In PSHE pupils learn about personal safety and law. Should a pupil make a disclosure to a member of staff this will be reported to a designated safeguarding lead and followed up in accordance with our disclosure procedures. Please see our safeguarding policy on the school website for further information.

All aspects of PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. To ensure the content and delivery of PSHE education is appropriate and relevant to all our pupils we use simple baselines to ascertain what pupils already know, and what they would like to learn.

Distancing techniques are used in PSHE education, which provide depersonalised examples which support children to explore what is being taught without sharing their own personal experiences in the lesson. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for pupils who do not feel confident to ask questions or wish to have a separate conversation with a member of staff.

We also respect that some questions are better addressed at home with parents/carers and the school will share information with parents/carers on an individual basis should the need arise.

Whilst it is vital to have trust and openness, we cannot offer total confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures.

Impact

- PSHE provision provides pupils with well-chosen opportunities and contexts to explore and embed new knowledge that can be used confidently in real life situations
- Pupils are able to form healthy, happy relationships with other children and adults and recognise the features of unhealthy relationships and have strategies to challenge negative behaviour of others and seek help when needed
- Pupils know how and when to ask for help and where to access support
- Pupils are well informed and recognise the risks they may encounter both on and offline and are able to make safe choices
- Pupils are enabled to take responsibility for their actions and understand the implications and consequences of their own decisions
- Pupils are well prepared for the next steps of their lives
- Pupils have knowledge, skills and attributes to live healthy, happy lives
- Pupils understand and respect differences between themselves and others

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Roles and Responsibilities

The Governing Body will approve the policy and hold the Headteacher to account for its implementation.

The Headteacher is responsible for ensuring PSHE is taught consistently across the school .

The Curriculum Coordination team is responsible for leading and managing the subject.

Teachers are responsible for delivery PSHE.

Pupils are expected to fully engage with PSHE provision and treat others with respect.

Monitoring, Reporting and Assessment

PSHE provision will be monitored and evaluated by the Curriculum Coordination team, Headteacher and Governors in line with the monitoring cycle agreed by the school. The PSHE policy will be reviewed annually.

Implementation through Professional Development and Training

To ensure staff are confident to deliver all aspects of the PSHE curriculum, access to online, in school, local and national training will be made available and in accordance with the school's CPD programme for staff development

Working with Parents

It is vital that parents and carers know what is being taught and how to support their child/children.

We have an open-door policy for any parents/carers who wish to find out more about our PSHE provision. We consult with parents, carers and the wider community through parent sessions to provide an ongoing process to ensure we all work together for the greatest benefit of the children. We understand that parents and carers may wish to approach the school to access help with concerns they may have about their child and where they can go to obtain further support.

Our PSHE policy and PSHE curriculum overview can be found on the school website. We welcome and encourage parents and carers to make an appointment with the class teacher or the headteacher to discuss any aspect of the PSHE curriculum or to raise any concerns they may have regarding this vital area of education.

Parents and carers are only entitled to withdraw their child from designated Sex education lessons and there is no right to withdraw from PSHE which includes statutory Relationships Education and Health Education. The science curriculum also includes content on human development, including reproduction (in KS2) for which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum.

Useful Information for Parents

DfE guide for parents

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

DfE outcomes for Health Education

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[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

DfE Science Curriculum

<https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>

Links to other relevant policies

- Behaviour
- Anti-bullying
- Children Protection
- Online safety
- SEND inclusion
- Relationship Education Policy

PSHE Policy review date

This policy has been consulted on with parents and Governors at relevant meetings.

This policy will be reviewed in September 2025

Appendix 1

PSHE curriculum overview link:

<https://www.littlemissendenschool.co.uk/page/?title=PSHE&pid=111>

Appendix 2

DfE guidance on Relationships Education, Health Education and Sex Education

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Appendix 3

Key vocabulary

Correct scientific body part names:

Forehead, shoulder, elbow, waist, thigh, testicles, penis, vulva, ankle.

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