



PSHE (Personal, Social, Health Education) Policy

Including Relationships and Health Education

Name of school: King George V Primary

Date of policy: September 2023

Member of staff responsible: G Cowley

Review date: September 2024

Intent

At King George V Primary School, we want to provide all of our pupils with the best possible education, opportunities and environment. PSHE is central to developing our whole school ethos and one way in which we promote our School Values; Respect, Pride, Responsibility, Ambition and Courage.

All of our members of staff pride themselves on knowing our pupils and families really well. This allows us to build good relationships with all of the pupils we teach and so, we can best support our pupils to develop holistically.

Implementation

We teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity. This mindful approach to PSHE allows us to ensure progression and a spiral curriculum. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

There are 6 themes of JIGSAW:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me



To ensure that a wide range of curriculum, we also provide during the year: Mental Health Safer Internet Day.

topics are covered in depth throughout our learning opportunities based on different events Week, NSPCC PANTS, Anti-bullying Week and

Teachers should respond to the needs of their classes by adapting planning and providing targeted lessons to support the children in circumstances such as bullying, e-safety and wellbeing.

PSHE can also link in with other subjects, for example:

- Art and Music – understanding cultural significance and traditions worldwide
- Geography – on impact on the wider world and becoming global citizens
- Science – understanding how to care for our bodies, both mentally and physically
- RE – showing compassion and caring for others regardless of faith

We also develop PSHE through activities and whole-school events, e.g., the school council meets regularly to discuss school matters. We offer residential visits to Year 3 and 4 children where there is a particular focus on developing pupils' self-esteem, giving them opportunities to develop leadership, co-operative skills and effective discussion through team-building activities.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme. For instance, as part of the Relationships and Changing Me units of work there is a strong safeguarding focus in particular. As a school community we want to grow resilience and positive self-esteem and confidence our pupils, so they can recognise when they feel uncomfortable in a situation and know who to trust and how to speak up for help. We want children to respect themselves and their bodies and know what healthy relationships feel like.

At King George V, we allocate one hour to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way. These explicit lessons are reinforced and enhanced in many ways:

- Assemblies, praise assemblies and reward system
- Through relationships child to child, adult to child and adult to adult across the school.
- We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

Relationships Education

RSE is taught within the personal, social, health education (PSHE) curriculum and our Jigsaw curriculum. RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.



Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', and 'Being safe'. The way the

Jigsaw 3-11 and Statutory Relationships and Health Education. It is important to explain that whilst the Relationships Unit in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g., the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

schools will cover 'Families and people who care for me', 'Respectful relationships', 'Online relationships', and 'Being safe'. The way the Jigsaw Programme covers these is explained in

As part of their RHE learning, children are taught, in an age-appropriate way about consent. At a basic level, consent means asking for and waiting to hear a 'yes'. Consent is seeking and giving permission. Pupils are taught, for example, that if one friend wants to borrow something from another friend, they must get permission. If one friend wants to hug their friend, they should check if their friend is okay with that first. Furthermore, pupils will be taught to understand that only certain people need to see or touch certain parts of their body, at certain times. They also learn to understand who to speak to if they have any concerns about inappropriate touch. Through-out KS2, pupils also develop their understanding of healthy, respectful relationships. This includes friendships, online relationships and relationships with family members. Teaching pupils about consent and healthy relationships is imperative to helping us safeguard pupils, as well as pupils recognising how to safeguard themselves.

Health Education

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'. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education. It is important to explain that whilst the Healthy Me unit in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g., Emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter. Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit). Again, the mapping document shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education

The DfE Guidance 2019 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 and parents have the right to withdraw their children from these lessons. It is worth noting that the right to withdraw only applies to the optional aspects of sex education and not the statutory aspects of Health Education, e.g., pubertal changes. Schools are free to determine the content of sex education at primary school but with the aim that it, "should



ensure that both boys and girls
brings and – drawing on
national curriculum for science -

are prepared for the changes that adolescence
knowledge of the human life cycle set out in the
how a baby is conceived and born”.

At King George V Primary School, there are no additional/optional sex education lessons. This means that there are no lessons which parents/carers have to decide to withdraw their child from or not. This decision was taken because pubertal changes are taught as a statutory requirement of Health Education in Y5 at our school and reproduction is covered as part of the Science curriculum in Y6. Therefore, we feel that the children will develop an understanding of the scientific part of human development through these lessons and an understanding of the emotional aspects of relationships through PSHE. We do not consider that any further understanding is necessary at primary level and that parents/carers have the discretion to share any further knowledge at this age if they wish to.

Sandwell Wellbeing Charter Mark

In recognition of our commitment to teaching about and supporting the wellbeing of pupils, staff and the wider community; King George V Primary School was awarded the Sandwell Wellbeing Charter Mark. The school first gained the charter mark in 2021.

Subject Leaders and members of the Senior Leadership Team will carry out;

- Pupil voice
- Learning walks and observations
- Book scrutinises
- Planning checks

Assessment and Record-keeping

Every pupil has their own PSHE book where evidence is gathered. Evidence can include written work, group work, photographs or work created using ICT. Teachers complete an assessment grid at the end of each unit of work providing judgements for each pupil, as to whether they are working towards or working at the expected standard for PSHE. Teachers also track how our pupils demonstrate our school values; respect, responsibility, courage, ambition and pride.