

# Personal, Social, Health and Economic (PSHE) and Relationships, Sex & Health (RSHE) education Policy



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## 1. Aims

Gastrells Primary School aims to equip children with essential skills for life; it intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing.

Our PSHE curriculum aims to:

- Provide a framework for sensitive discussions
- Prepare pupils for puberty and promote health and hygiene
- Develop feelings of self-respect, confidence and empathy
- Create a positive culture around relationships
- Foster caring, respectful friendships & safe online relationships
- Equip pupils with language & confidence to talk about their bodies, feelings, and consent
- Prepare children to recognise concerns and seek help from trusted adults.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme following the SCARF Scheme. Our PSHE curriculum is rooted in our ethos of *A Flying Start to a Life of Learning* and our PRIDE values.

*“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

## 2. Statutory requirements

### Context

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 the 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 and Health Education.

PSHE is a non-statutory subject. However, there are aspects of it that we are required to teach.

- We must teach relationships education under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#)
- We must teach health education under the same statutory guidance
- Pupils are expected to learn personal, social and emotional development (PSED) under the [Early Years Foundation Stage \(EYFS\) statutory framework](#)

## 3. Content and delivery

### 3.1 What we teach

At Gastrells Primary School, PSHE is at the core of what we do as we believe that it plays a vital part of primary education and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the “whole child” intellectually, emotionally, morally and socially.

Discreet PSHE/RSHE lessons are taught across the school although there are also opportunities for cross links which are embedded throughout the curriculum. The SCARF PSHE scheme – Safety, Caring, Achievement, Resilience, Friendship – provides a whole school approach to children’s physical and mental health and wellbeing. SCARF is a complete PSHE and Wellbeing curriculum, that covers all the DfE statutory requirements for Relationships, Sex and Health Education. SCARF lessons make a positive and lasting difference to our children’s lives not just inside school but outside as well. With an ever-changing society, through SCARF, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Our lessons give our children: positive, enrichment experiences and enhance their emotional health.

For all aspects of the PSHE curriculum, including health education, more details are available on our website: <https://gastrellsprimaryschool.co.uk/pshe-and-rse-curriculum-at-gastrells/>

### 3.2 How we teach it

Meeting all DfE requirements for statutory Relationships and Health Education and mapped to the PSHE Association’s Programme of Study. SCARF is a framework that forms a spiral curriculum through the primary years from EYFS to Year 6 on a two-year rolling programme. Each half-termly unit theme are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.

## 4. Roles and responsibilities

### 4.1 The governing board

The governing board will approve the PSHE policy and hold the headteacher to account for its implementation.

## 4.2 The headteacher

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

## 4.3 Staff

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modelling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual pupils

## 4.4 Pupils

Pupils are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

# 5. Drugs Education

Gastrells Primary is committed to supporting the health and wellbeing of all pupils, recognising that doing so contributes directly to their academic achievement and personal development. The school acknowledges that drugs education is a vital and relevant aspect of preparing children for the realities of life. Our approach:

- aims to equip pupils with the knowledge, skills, and attitudes necessary to make informed choices and to build positive life skills that will support their future wellbeing.
- This policy and its programme of study have been developed in line with the Department for Education Guidance for Schools. The school promotes practices that reinforce our vision and actively seeks to prevent or discourage practices that undermine it.
- For the purpose of this policy, the term drug refers to any substance that alters the way a person thinks, feels, or behaves. This includes, but is not limited to: caffeine, alcohol, tobacco, medicines, and illegal drugs.
- Drugs education forms an integral part of our Personal, Social, Health and Economic (PSHE) curriculum. It is designed to enable pupils to increase their knowledge and understanding of drugs, to develop the skills needed to manage influences and pressures, and to value the benefits of leading a healthy lifestyle.

# 6. Parental Consultation

Parents/carers have the right to withdraw their child/ren from some or all of sex education (but not Relationships or Health Education) delivered as part of statutory Relationship Education. Requests for withdrawal should be put in writing addressed to the headteacher. Alternative work will be given to pupils who are withdrawn from sex education. The school informs parents when aspects of the sex education programme are taught and provides opportunities for parents to view the videos and resources being used.

# 7. Inclusion

All pupils, including those with Special Educational Needs, will have full access to the PSHE curriculum. The multi-sensory approach to PSHE teaching and learning ensures that children of all abilities can engage

meaningfully with the subject. Teachers adapt activities and resources to meet the individual needs of pupils, supporting their personal progress. At Gastrells Primary School, every member of staff is responsible for ensuring that all pupils—regardless of gender, ability, background, or circumstances—can access the full curriculum and achieve their highest potential. PSHE education plays a vital role in removing barriers to learning, helping pupils to develop the knowledge, skills, and confidence needed to succeed both academically and personally. Gastrells Primary School is dedicated to removing barriers to communication and actively encourage feedback and engagement from all families, working together to create a supportive, accessible school community for all.

## 8. Monitoring arrangements

The delivery of PSHE is monitored by the Headteacher and SLT and by the Link Governor through:

- Routine Governor Monitoring visits and learning walks.

This policy will be reviewed annually by the Governing Board. At every review, the policy will be approved by the full Governing Board.

## 9. Links with other policies

This policy links to the following policies and procedures:

- › Safeguarding
- › Behaviour policy
- › Anti-bullying
- › Equality
- › E-Safety