PSHE Policy (including RSE)

Filby Primary School

Approved by: **Headteacher**	Jo Snelling	**Date:** Spring 2025
Last reviewed on:	1st September 2026	

Our School Vision and Values

At Filby Primary, we educate children according to our core values, which are at the heart of everything we do. 'The Filby Way - we are Responsible, Inclusive, Aspirational, Respectful and Caring.'

Introduction

Personal, Social, Health and Economic (PSHE) Education is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for the opportunities, responsibilities and experiences of adult life. PSHE has an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged. In order for children to embrace the challenges of creating happy and successful adult lives, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. High quality, evidence-based and age-appropriate teaching of PSHE helps pupils develop resilience, and to know how and when to ask for help.

All teaching staff will regularly update their skills, knowledge and pedagogy techniques through CPD.

This policy outlines the Intent, Implementation and Impact of how PSHE is taught in our school.

Intent

Our intention is that, when children leave Filby Primary, they do so with the knowledge, understanding and emotions to be able to play an active role in today's society. We want our children to have high aspirations, a belief in themselves and to realise that anything is possible if they put their mind to it. Our curriculum aims to help children to understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Through our PSHE curriculum, they are also given the knowledge and skills to help them in their decision making.

Implementation

PSHE (which includes Relationships and Sex Education) is taught weekly through a planned programme of work. Our curriculum brings together PSHE and RSE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning.

- All pupils have a weekly PSHE lesson.

- Coram Life SCARF resources are used to deliver PSHE across the whole school.

All Year groups cover the same 6 core themes throughout the academic year. These are:

Me and My Relationships – (Conflict resolution and friendship)

Valuing difference – (British Values)

Keeping Myself Safe – (safe internet use, aspects of Relationship Education)

Rights and Responsibilities – (living in the wider world)

Being My Best – (keeping healthy, goal setting, achievements)

Growing and Changing – (RSE related issues)

- SCARF is a spiral curriculum approach. Themes, skills and knowledge are revisited year by year which allows knowledge to deepen and the children to progress.

- We aim to take a cross-curricular approach to teaching of PSHE. Where possible, links to English, Maths, Science, Art and Drama have been made.

- External visitors from the community complement our PSHE curriculum to offer additional learning.

- Assemblies are planned to cover any additional sessions that would benefit the whole school. In addition, each SCARF unit has a launch assembly.

Impact

At Filby Primary School, we seek to ensure that the PSHE we teach improves the physical and social well-being of pupils. Through our PSHE education, we believe we can enhance children's education and help them to become caring, respectful, aspirational and confident individuals. Providing a consistent and regular delivery of PSHE allows us to fulfil this.

The PSHE lead regularly monitors the subject through pupil voice and book looks. In addition, class teachers use unit assessment statements to identify pupil strengths and any gaps in knowledge and skills.

RSE

At Filby Primary School, we believe that RSE is defined as learning about healthy, respectful relationships, focusing on family and friendships, in all contexts including online. Teaching about mental wellbeing is central to these subjects. Children need to embrace the challenges of creating a happy and successful adult life and need

knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. All content is in line with National Curriculum objectives for Science and the DfE statutory guidance For RSE.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental Health

Sex Education includes:

- Puberty for Girls
- Puberty for Boys
- Conception to Birth
- Physical Attraction
- Respect and Consent
- Boyfriends and Girlfriends
- Sexting

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Parents' Right to Withdraw

Parents do not have the right to withdraw their children from relationships education. Parents have the right to withdraw their children from any non-statutory components of sex education within RSE.

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

/1019542/Relationships_Education__Relationships_and_Sex_Education__RSE__and_Health_Educati on.pdf

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.

Monitoring Arrangements

The delivery of RSE is monitored by the Curriculum leader through:

- Learning walks
- Pupil Voice Questionnaires

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

Roles and Responsibilities

Staff

Staff are responsible for:

- Delivering PSHE / RSE in a sensitive way
- Modelling positive attitudes to PSHE / RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. All class teachers are responsible for ensuring that RSE is taught to their classes. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

Pupils

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