



St Peter's C.E. Primary School

PSHE (Personal, Social, Health Education) Policy

Including statutory Relationships and Health
Education and our position on Sex Education

July 2023

Our Christian Vision

As a Christian family at St Peter's School, we create a unique place of learning, nurturing the gifts that God in His awesomeness has given us. We encourage every child and prepare them for life's journey, inspiring them to fulfil their potential, their dreams and their aspirations.

Sowing the seeds of tomorrow.

(Matthew 13:1-23)

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.

PSHE

At St Peter's School we believe that our pupils have a right to the highest quality personal, social and health education (PSHE). This will enable them to begin to develop the knowledge, skills and understanding they need to lead confident, independent and healthy lives and to participate as informed active and responsible citizens. We actively encourage and enable all of our pupils to become involved in a wide range of activities which aim to promote self-worth, promote co-operation and involvement and develop an understanding of and respect for difference and diversity.

We include the statutory Relationships and Health Education within our whole-school PSHE programme.

To ensure progression and a spiral curriculum, we use jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children's needs. 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 (See appendix 1). This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported. The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

School Aims

- To provide a safe, nurturing and inclusive environment where all feel valued and respected.
- To recognise and celebrate difference and diversity in the PSHE curriculum and the school community.
- To form positive working partnerships with all those responsible, including school nurses and other outside agencies.
- To celebrate the achievements of all.
- To support our children in acquiring life skills for the future.

Whole School Approach to Teaching and Learning

PSHE is cross curricular and therefore taught throughout our curriculum and in RE. PSHE is also seen as a separate subject in its own right and is timetabled in each class for one lesson a week. At St Peter's we use the Jigsaw framework in which skills, knowledge and values are revisited and developed in order to provide continuity and progression. It is taught in a way that engages pupils in a variety of activities appropriate to their age, ability and previous experiences. Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education (See appendix 2). The table below gives the learning theme of each of the six puzzles (units) and these are taught across school in a two-year cycle:

Puzzle (Unit)	Content
Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Changing Me	Includes Relationships and Sex Education in the context of coping positively with change
Dream and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society

PSHE lessons are reinforced and enhanced in many ways:

- Celebration worship where awards for achievements are given.
- Classroom PSHE displays.
- Clubs and trips which promote independence.
- Fund raising for charities and local issues such as the food bank.
- PSHE club to promote pupil well-being.
- Good to be green behaviour system and rewards.
- School council to give our pupils a voice.

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'.

The expected outcomes for each of these elements can be found further on in this policy. 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 Relationships Puzzle (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.

Parents should also be aware that the Church of England states in "Valuing All God's Children", 2019, that Relationships and Sex education should: *"Make it clear that relationships and sex education is designed to prepare all pupils for the future, regardless of sexual orientation or gender identity. RSE must promote gender equality and LGBT equality and it must challenge discrimination. RSE must take the needs and experiences of LGBT people into account and it should seek to develop understanding that there are a variety of relationships and family patterns in the modern world."* (Page 34)

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'.

The expected outcomes for each of these elements can be found further on in this policy. 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 Puzzle (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 transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

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'.

At St Peter's School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit).

"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

Parents have a legal right to withdraw their children from dedicated 'sex education' lessons. They do not have a right to withdraw their children from those aspects of RSE that are taught in National Curriculum Science or where RSE issues arise incidentally in other subject areas. We will work in active partnership with parents/carers, value their views and keep them informed about our RSE provision. If a parent/carer has any concerns about the RSE provision we will take time to address their concerns and allay any fears they may have. If any parents/carers decide to withdraw their child

we shall work with them and their child to explore possible alternative provision.

PSHE through the wider curriculum

Cross-curricular links are made when possible in the following ways:

British Values- diversity, tolerance

Science- healthy lifestyles, parts of the body

Geography- helping our local community, different cultures around the world

PE- keeping healthy, exercise

Drama- role play, hot seating

RE/ Collective worship - positive relationships, our Christian values, celebrating achievements

Use of visitors/Outside agencies

At St Peter's we recognise the importance of visitors and outside agencies when promoting PSHE. We welcome a range of visitors into school including the NSPCC, Life Education Caravan, a trained Therapy Dog and our school nurse.

Differentiation/ SEN

Jigsaw is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. Teachers tailor each lesson to meet the needs of the children in their classes.

Assessment and recording

Teachers assess the children's work in PSHE by making informal judgements as they observe them during lessons and by doing formal assessments of their work. We have clear expectations of what the pupils

will know, understand and be able to do at the end of each key stage. Each child will be assessed against six key knowledge outcomes for their year group. This information is then passed on to the next teacher, who will use this to inform their future PSHE lessons.

Monitoring and review

The PSHE subject leader is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of PSHE and RSE, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. Staff training and development will also be planned into INSET training when required.

Equality

This policy will inform the school's Equalities Plan.

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".

This can also have an impact on any anti-bullying policies in regard to these characteristics being the reason for the issue. The Church of England document "Valuing all God's Children", 2019, states:

"Schools should ensure that they have clear anti-bullying policies on preventing and tackling homophobic, biphobic and transphobic behaviour and language and that these policies are known and understood by all

members of the school community. School leaders should present a clear message that HBT bullying will not be tolerated and that there can be no justification for this negative behaviour based on the Christian faith or the Bible. Schools should ensure that pupils understand how to report incidents. Pupils should be confident that if they report bullying it will be taken seriously."

It also asserts:

"Central to Christian theology is the truth that every single one of us is made in the image of God. Every one of us is loved unconditionally by God. We must avoid, at all costs, diminishing the dignity of any individual to a stereotype or a problem. Church of England schools offer a community where everyone is a person known and loved by God, supported to know their intrinsic value" (page 1)

"Opportunities to discuss issues to do with self-esteem, identity and bullying, including HBT (homophobic, biphobic and transphobic) bullying, should be included in physical, social, health and economic education or citizenship programmes. The curriculum should offer opportunities for pupils to learn to value themselves and their bodies. Relationships and sex education should take LGBT people into account." (Page 6)

At St Peter's 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.

For further explanation as to how we approach LGBT relationships in the PSHE (RSHE) Programme please see:

'Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?' (See Appendix 3)

Safeguarding

Teachers are aware that sometimes disclosures may be made during PSHE sessions; in which case, safeguarding procedures must be followed immediately.

Involving Parents and Carers

At St Peter's we believe that it is important to have the support of parents, carers and the wider community for the Jigsaw PSHE programme. Parents and carers are/will be given the opportunity to find out about and discuss the Jigsaw PSHE programme through:

- Parent's evenings
- Jigsaw sessions for Parents and Carers
- Information leaflets and posters

Links to other policies

- Equal Opportunities policy
- Safeguarding policy
- British Values policy
- Science policy

Appendix

- 1:** The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education
- 2:** The Jigsaw 3-11 content overview
- 3:** Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?

Signed:

Date:

Needs updating in July 2025

