



**Birches First School**  
Believe, Grow, Succeed...  
... to be the best 'me' I can be!

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PSHEe/ RSE Lead: Mrs Kandola

## **Personal Social Heath Economic Education (PSHEe) and Relationships, Sex and Health Education (RSE) Policy**

This Policy was written in consultation with subject leader, the Headteacher, Parents & LAB Members of Birches First School

### **Rationale and Ethos**

The Local Academy Board, Headteacher and Staff aim:

1. To create a safe, caring and stimulating environment where each individual child will feel valued, happy, secure and eager to learn.
2. To assure the quality of teaching and provide a broad and balanced curriculum which supports the Emotional, Spiritual, Moral, Intellectual, Creative and Physical development of the 'whole' child.
3. To fulfil the statutory requirements of the National Curriculum and Early Years Framework.
4. To help children understand and follow the school's Golden Expectations.
5. To foster a sense of community by working with parents to build effective relationships based on respect and trust.
6. To help children develop respect and tolerance for all cultures within our society so they begin to understand the world in which they live.
7. To encourage and celebrate the achievements of all our children so they become successful, confident, independent learners who are well prepared for Middle School.

### ***Our School Values***

We have a set of Birches Values which we promote and celebrate throughout all aspects of school life. Our Birches Values are:

Belief  
Independence  
Resilience  
Curiosity  
Honesty  
Enthusiasm  
Success

## Our Vision and Aims

Our vision is to be a place of great love and great learning, built upon our school values of 'Belief, Independence, Resilience, Curiosity, Honesty, Enthusiasm, Success' where **everyone thrives** on encouragement, support and challenge. Birches First School supports children to "Believe, Grow, Succeed... to be the best 'me' I can be".

As part of this vision, we aim to deliver a high-quality Personal, Social, Health and Economic Education (PSHEe) and Relationship, Sex and Health Education (RSE) curriculum in which we convey accurate, relevant and age-appropriate information to pupils. This will ensure that our children can achieve their full potential and will leave our school prepared for the demands of society in their future. 'Relationships Education is defined as *supporting pupils in their understanding of healthy friendships, families and relationships with children and adults*'. At our school we consider PSHEe to incorporate all elements of RSE as well, however for clarity within this policy we will write both terms.

We aim to **teach children about PSHEe and RSE** in an engaging, meaningful and age-appropriate manner through a carefully considered progressive curriculum which takes into account the Emotional, Physical and Social maturity of our children. We very strongly believe that the education we provide should reflect both the universal needs shared by all pupils as well as the specific needs of individual pupils at Birches First School. As such, the **RSE** strand of our PSHEe curriculum has been carefully considered and will be constantly reviewed so that it is inclusive and meets the needs of each and every one of our children, including those with special educational needs or disabilities (SEND).

Our staff make PSHEe lessons engaging, interesting and fun through a variety of teaching methods and interactive activities. These include role-play; the use of learning partners and small group work; whole-class teaching; enquiry tasks; research activities; independent learning and discussion groups; use of appropriate film clips, books and websites; problem-solving and challenge activities. These approaches are designed to 'develop key skills such as empathy and the ability to articulate ideas clearly and to listen to and engage with other points of view'. At Birches First School, our PSHEe is carefully interwoven within our assembly schedule, allowing opportunity for discussions surrounding key topics or current issues relevant for the children in school. The assembly schedule highlights national awareness days such as Children's Mental Health, Anti Bullying and Healthy Eating, allowing for a whole school focus on these very important issues in a modern society.

## Legislation

### What is PSHEe and RSE Education?

**Personal, Social, Health and Economic Education (PSHEe)** teaches pupils skills and subject knowledge which will help to support them in their own lives, relationships and communities. **Relationships and Health Education** is **statutory** in schools from Summer Term 2021. Relationships Education involves learning about many strands including: family relationships; friendships and relationships with peers and adults; healthy and unhealthy relationships; staying safe; the characteristics of positive relationships; relationships online and the emotional, social and physical aspects of growing up. Health Education covers healthy lifestyles, first aid, mental health, hygiene and puberty.

The official guidance for Relationships, Sex Education and Health Education from the Department for Education can be found here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

At Birches First School we believe that PSHEe and RSE equip our children with the understanding, knowledge and skills they will need to succeed and thrive. Teaching about relationships enables our pupils to safely negotiate making new friendships; recognise potential threats to their wellbeing and personal safety; develop meaningful relationships with others throughout their lives; and know how to keep themselves safe and healthy.

We also believe that a complete PSHEe and RSE curriculum is vitally important to ensure that pupils have a well-rounded and rich curriculum covering a range of life skills as well as financial education and social education, learning about being part of a community and about social issues which affect their local area, national and the whole world.

### The importance of celebrating diversity within PSHEe and RSE

We strive to promote **equality** through all aspects of our RSE and PSHEe teaching. As such, our curriculum promotes **tolerance and acceptance**.

We encourage children at Birches First School to celebrate their many different talents, strengths and aspirations, we also aim to celebrate diversity of cultures, traditions and religions. As an extension of this, pupils are taught about diversity in family structures and relationships, in line with British Values (see 'The Equality Act – 2010'; 'The Marriage Act – 2013'), including diverse families and same-sex parents. This ensures that every one of our pupils has the chance to develop the self-esteem and confidence they deserve in order to grow into understanding, accepting and respectful adults who understand that children should be taught about different families and relationships in modern Britain.

### Who delivers the PSHEe and RSE Curriculum?

All PSHEe and RSE lessons will be taught by Birches staff. Clear parameters will be established in class and special consideration will always be given when teaching particularly sensitive material ensuring that classes create their own ground rules. Staff will be fully aware of the children in their class and of any sensitivities which might need to be acknowledged when delivering particular units. Our school is following the PSHEe scheme and the RSE curriculum from KAPOW, which ensure all children have access to high quality teaching and learning opportunities. This is a complete PSHEe and RSE programme which has been designed to cover the statutory content and wider aspects of the PSHEe curriculum such as economic education and living in the wider world. The programme offers lesson plans, resources and PowerPoints that can be used to support our teachers' planning and adapted to our pupils' needs each year.

The PSHEe lead, Mrs Kandola, will liaise with staff and the Local Academy Board to provide feedback on the curriculum. The resources are reviewed regularly, and we will provide updates to parents to keep them informed regarding teaching and learning, and policies where appropriate. Staff have undertaken training to enable them to teach RSE and have worked supportively together discussing the implementation of the curriculum alongside PSHEe. The Headteacher will also assist the PSHEe/RSE lead to facilitate PSHEe and RSE training and CPD where needed.

The PSHEe/RSE leader will monitor progression in the subject, observing lessons and reviewing feedback from teachers to help to develop the curriculum content and to ensure that the necessary resources are in place. They will also be responsible for reviewing and updating the policy with the Headteacher. The PSHEe lead will ensure that there is a clear progression of skills and content across the PSHEe and RSE curriculum using the KAPOW PSHEe scheme.

### Curriculum Design

Using the KAPOW PSHEe and RSE scheme will ensure that the learning is sequenced into age-appropriate units which show progression throughout the curriculum. It is important that all teaching staff are aware of the progression before and beyond their own year group to build on prior learning and develop their learning further. In order to support this, Birches First School have access to the learning objectives beyond Year 4. Birches First School curriculum pathways for PSHEe can be viewed on the school website.

As part of the children's **statutory Science Curriculum** in Year 2, children learn that animals, including humans, have offspring that grow into adults. They are also introduced to the concepts of reproduction and growth (but not how reproduction occurs). The Relationship strand of our PSHEe Curriculum supports this learning. We are committed to ensuring that the children receive factually accurate biological information about their bodies. With this in mind, we begin to teach children some of the correct anatomical terminology for the parts of a human body in Key Stage 1. Parents are informed by letter when this content is being taught.

### **Stakeholders**

At Birches First School we believe clarity is essential and welcome any discussion with parents and carers which will inform conversations at home about 'relationships'.

We endeavour to have a strong partnership with parents and carers and will always aim to be transparent in communicating what is being taught and when. We believe that together we can address misconceptions children may have gained about these topics from the media or from their peers. Children are naturally curious about their bodies, other people and the world around them. By answering questions and teaching them the correct scientific vocabulary, we can help them understand their bodies, keep themselves safe, develop their understanding of their feelings and the feelings of other people, and learn how to be responsible and accountable members of the community and world. In order to enhance our PSHEe and RSE provision, we will welcome external speakers and friends of the community into school to share their expertise if necessary or appropriate.

### **Safe and Effective Practice: Confidentiality & Safeguarding**

At Birches First School, we aim to foster and maintain a safe environment within which all pupils feel able to ask questions and discuss issues openly (although no pupil or teacher will have to answer personal questions or be forced to take part in discussions.) For any child wishing to discuss something confidential relating to content of the lesson, an opportunity will be given.

All classes will make available a class 'question box' which gives children the option of writing down their questions and receiving an answer that is not provided in front of the whole class. Distancing techniques are employed so children are able to discuss fictional characters and scenarios, rather than discussing their own lives and experiences.

In line with the school's Policy for Safeguarding and Child Protection, Birches First School is committed to safeguarding and promoting the welfare (both physical and emotional) of every pupil both inside and outside of the school premises. We implement a whole-school preventative approach to managing safeguarding concerns, ensuring that the wellbeing of pupils is at the forefront of all action taken.

In addition, Birches First School staff have received an update by the Headteacher – Miss Varricchione, on the most up to date statutory guidance; 'Keeping Children Safe in Education' 2024.

All Staff will exercise their professional judgement in order to keep their pupils safe. Ground rules are agreed within PSHEe and RSE for each class. This ensures a safe environment for group discussion and exploring delicate topics. Information given, and the views expressed by the pupils, will be treated in confidence where possible. However, pupils will be informed that 100% confidentiality cannot be assured. If any child makes a disclosure of a safeguarding issue – as with all such instances – the teacher will inform the Designated Safeguarding Lead (DSL) in accordance with Birches First School's policy on Safeguarding and Child Protection.

### **Assessment, Monitoring & Reporting**

Assessment and self-assessment are a vital part of learning in PSHEe and RSE. Each lesson gives an opportunity for assessment which can be adapted to suit the assessment policy of the school. Children are assessed on Insight against objectives outlined in the PSHEe/ RSE scheme.

Pupil voice is also a key feature of our learning Birches First School. We encourage our children to express opinions on how and where they would like their learning to go, and we take these into account when planning and teaching units from the curriculum. Their comments help us to assess and monitor their progress. Listening and responding to the views of our pupils ensures that our policy and curriculum is responsive and meet the needs of all our learners from year to year.

Staff who deliver the PSHEe and RSE curriculum will reflect critically on their teaching and best practice can be shared at PSHEe reviews, training sessions and staff meetings.

The PSHEe/ RSE Lead will have regular informal meetings to monitor planning and children's work to help her provide further relevant training opportunities.

### **PSHEe and RSE Education – Where to find information.**

Our inclusive PSHEe and RSE curriculum forms a core part of our PSHEe and RSE teaching and covers the statutory elements of RSE and a fuller, richer PSHEe curriculum as well.

Details of this curriculum can be found on the school website or by speaking to the PSHEe/ RSE Lead.

The PSHEe curriculum should be read in conjunction with the following school policies:

- Safeguarding Policy
- Behaviour Policy
- Feedback Policy
- SEND Policy.

## Parents

From Summer Term 2021, Relationships Education will be statutory for all children, in all primary schools. This mean that parents and carers cannot withdraw their child from these lessons.

Parent and carers can view Birches First School's progressive and developmental PSHEe and RSE Curriculum on our website to see how it has been carefully considered to build on the children's prior learning. Our PSHEe curriculum is engaging, inclusive and always age appropriate.

Parents and carers are very welcome to speak to the class teacher, PSHEe/RSE lead- Mrs Kandola, or Curriculum Lead, Miss Hulme, about specific sessions in order to gain a full understanding of their content and how they will be taught. We are confident that these stage-appropriate lessons fit into Relationship Education in a purposeful and meaningful way.