



Long Marston VA C of E Primary School

‘Together we grow and flourish with hope’

Personal, Social, Health and Economic Education (PSHE) including Relationships, Sex and Health Education (RSHE)

Policy Date: May 2026

Review Date: May 2029

PSHE Lead: Lorraine Stephenson

RSE Lead: Laura Whateley - Headteacher

Approved by Governors: 20.5.26

1. Policy Statement

At [School Name] CE VA Primary School, we believe PSHE education is central to supporting children’s personal development, wellbeing and ability to build positive relationships. Through our PSHE curriculum, we help pupils develop the knowledge, skills and values they need to stay safe, healthy and prepared for life in modern Britain.

We teach Relationships Education and Health Education in line with statutory guidance from the Department for Education (DfE) and deliver this through the Jigsaw PSHE 3–11 programme, updated to reflect the 2025 DfE RSHE Guidance.

As a Church of England school, our approach reflects Christian values including respect, compassion, dignity, responsibility and kindness. We aim to create a safe and inclusive environment where all children feel valued and supported.

2. Statutory Requirements

This policy is based on:

- The Relationships Education, Relationships and Sex Education and Health Education Regulations
- DfE Relationships, Sex and Health Education Guidance (2025)
- Keeping Children Safe in Education



- Equality Act 2010
- The Prevent Duty

Relationships Education and Health Education are statutory for all primary-aged pupils.

Parents do not have the right to withdraw children from Relationships Education, Health Education or National Curriculum Science.

The school teaches age-appropriate sex education in Years 5 and 6 as part of PSHE. Parents have the right to request withdrawal from the non-statutory sex education elements.

3. Our PSHE Curriculum

We use the Jigsaw PSHE 3–11 programme as the basis for our curriculum. Jigsaw provides a progressive, age-appropriate scheme of work which supports children's emotional literacy, mental wellbeing, relationships, safeguarding awareness and personal development.

The curriculum is organised into six half-term units:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Through these units, pupils learn about families and caring relationships, friendships and respect, mental and physical health, online safety, personal safety and consent, bullying and discrimination, healthy lifestyles, puberty and changing bodies, and human reproduction in Years 5 and 6.

Teachers adapt lessons appropriately to meet the needs of all pupils, including pupils with SEND.

4. Relationships and Health Education

Relationships Education focuses on helping children develop positive, respectful and safe relationships.

Children are taught about:

- different types of families
- friendships and managing conflict



- respect, kindness and empathy
- online relationships and online safety
- personal boundaries and privacy
- recognising unsafe situations and seeking help

Health Education includes learning about mental wellbeing, healthy lifestyles, healthy eating, physical health and fitness, personal hygiene, medicines, drugs, alcohol, tobacco and vaping, basic first aid, puberty and changing bodies, and keeping safe online and offline.

5. Sex Education

In addition to statutory Relationships and Health Education, the school teaches age-appropriate sex education in Years 5 and 6 through the Jigsaw “Changing Me” unit..What is taught can be found on our website [here](#). More information on teaching materials can be shared with parents on request.

This includes conception, pregnancy, and how babies develop and are born.

We believe this prepares children for adolescence and supports them to understand human reproduction in a factual and appropriate way.

Parents have the right to request withdrawal from the non-statutory sex education elements of PSHE.

Parents wishing to discuss withdrawal should contact the Headteacher.

Pupils cannot be withdrawn from statutory Relationships Education, statutory Health Education or National Curriculum Science content.

6. Inclusion and Equality

We are committed to providing an inclusive curriculum for all pupils.

Our teaching reflects the Equality Act 2010 and promotes respect for all people, including those with protected characteristics.

We teach children that families may look different from one another, everyone deserves respect and kindness, bullying and discrimination are unacceptable, and stereotypes can be harmful.

As a Church of England school, we teach within the context of Christian values whilst ensuring that all pupils feel included, respected and valued.



7. Safeguarding and Confidentiality

PSHE plays an important role in safeguarding children.

Through the curriculum, pupils learn how to stay safe, recognise unsafe situations, seek help from trusted adults, understand privacy and boundaries, and stay safe online.

Teachers cannot offer complete confidentiality to pupils and must follow safeguarding procedures if concerns arise.

Any safeguarding concerns or disclosures will be reported in line with the school's Child Protection and Safeguarding Policy.

8. Working with Parents and Carers

We recognise that parents and carers are children's first educators and value the importance of working in partnership.

Parents are informed about PSHE and RSHE through the school website, curriculum information, parent communications, and opportunities to view resources on request.

We welcome discussions with parents regarding curriculum content.

9. Monitoring and Review

The PSHE Lead and Senior Leadership Team monitor the quality and effectiveness of PSHE provision through planning scrutiny, pupil voice, lesson visits, staff feedback and monitoring of safeguarding and wellbeing themes.

This policy will be reviewed annually or sooner if statutory guidance changes.

10. Linked Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Online Safety Policy
- Equality Policy
- SEND Policy