

PIKE FOLD PRIMARY SCHOOL

Personal, Social, Health and Economic Education (PSHE) Policy

Including Relationships, Sex and Health Education (RSHE)



Approved by:

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1. Policy Statement

At Pike Fold Primary School, we believe that Personal, Social, Health and Economic Education (PSHE) is a vital part of every child's education and personal development.

Our PSHE curriculum supports children to become healthy, safe, independent, responsible and respectful members of society. We aim to equip pupils with the knowledge, understanding, skills and attributes they need to manage their lives now and in the future.

We recognise that children's emotional and social development directly impacts upon their ability to learn and achieve. Through high-quality PSHE education, we nurture confidence, resilience, emotional literacy, positive mental health and respectful relationships.

We deliver statutory Relationships Education and Health Education through our wider PSHE curriculum using the Jigsaw PSHE Programme, supplemented by the Manchester Healthy Schools iMatter Curriculum and myHappymind.

Our PSHE curriculum reflects our commitment to safeguarding, equality, inclusion, British Values and the development of the whole child.

2. Vision and Aims

At Pike Fold Primary School we aim to:

- Promote pupils' emotional wellbeing and mental health.
- Develop confidence, resilience and self-esteem.
- Enable children to recognise, understand and manage their emotions.
- Support children to form healthy, respectful and positive relationships.
- Prepare pupils for the opportunities, responsibilities and experiences of later life.
- Encourage active citizenship and participation within the wider community.
- Develop pupils' understanding of rights, responsibilities and democratic values.
- Promote physical health, wellbeing and healthy lifestyles.
- Support children in becoming safe and responsible digital citizens.
- Foster respect, kindness, tolerance and inclusion.
- Enable children to manage risks and stay safe online and offline.
- Develop economic awareness and basic financial understanding.
- Promote equality of opportunity and celebrate diversity.
- Support all children to achieve their full potential.

Through our PSHE curriculum pupils will develop the skills and attributes to:

- Value themselves and others.
- Communicate effectively.
- Work cooperatively.
- Make informed decisions.

- Show empathy and compassion.
- Resolve conflict positively.
- Seek help when needed.
- Respect differences and challenge stereotypes.
- Become responsible members of society.

3. Statutory Requirements

This policy has been developed in accordance with current legislation and statutory guidance, including:

- Education Act 2002
- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Regulations
- Equality Act 2010
- Public Sector Equality Duty
- Special Educational Needs and Disability (SEND) Code of Practice
- Keeping Children Safe in Education (KCSIE)
- Prevent Duty Guidance
- Department for Education: Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2026)

Under current statutory requirements, all primary schools must provide:

- Relationships Education
- Health Education

Whilst Personal, Social, Health and Economic (PSHE) Education is not currently a statutory subject, it plays a vital role in supporting pupils' personal development and provides the framework through which the statutory elements of Relationships and Health Education are delivered at Pike Fold Primary School.

In delivering this curriculum, the school also has regard to:

- Sections 404 to 407 of the Education Act 1996
- The Public Sector Equality Duty under Section 149 of the Equality Act 2010
- The requirement to eliminate discrimination, advance equality of opportunity, and foster good relations between people who share a protected characteristic and those who do not

At Pike Fold Primary School, Relationships, Sex and Health Education (RSHE) is delivered in accordance with statutory guidance and through a planned, age-appropriate curriculum that promotes pupils' physical health, mental wellbeing, safety, relationships, and preparation for life in modern Britain. All teaching is inclusive, accessible, and adapted where necessary to meet the needs of pupils, including those with special educational needs and disabilities (SEND).

4. Our PSHE Curriculum

At Pike Fold Primary School, we use the Jigsaw PSHE 3-11 Programme alongside the Manchester Healthy Schools iMatter Curriculum to provide a progressive, inclusive, and comprehensive Personal, Social, Health and Economic (PSHE) education curriculum from the Early Years Foundation Stage through to Year 6.

The curriculum is carefully sequenced and delivered through a spiral model, enabling pupils to revisit key themes and concepts at an age-appropriate level whilst building upon prior knowledge and understanding year on year. This approach supports pupils in developing the knowledge, skills and attitudes needed to thrive both now and in the future.

PSHE and RSHE make a significant contribution to the wider aims of education and support the school's commitment to developing well-rounded, confident and responsible citizens. The curriculum contributes directly to:

- Personal Development
- Behaviour and Attitudes
- Safeguarding and Child Protection
- Spiritual, Moral, Social and Cultural (SMSC) Development
- Equality, Diversity and Inclusion
- British Values
- Mental Health and Emotional Wellbeing

Pupils' emotional wellbeing and mental health are supported through a combination of the Jigsaw PSHE Programme, the Manchester Healthy Schools iMatter Curriculum and the school's myHappymind programme. Together, these provide a cohesive whole-school approach to promoting positive mental health, resilience, self-awareness, emotional regulation and wellbeing.

The curriculum is designed to ensure that all pupils, including those with Special Educational Needs and Disabilities (SEND), can access learning and make progress. Teaching is adapted as necessary to meet individual needs and to ensure inclusion for all learners.

All resources used to deliver PSHE and RSHE will be carefully reviewed by school leaders prior to use to ensure they:

- Meet statutory requirements and current government guidance;
- Are age appropriate and developmentally suitable;
- Are factually accurate, evidence-based and balanced;
- Are obtained from reputable and credible sources;
- Are accessible and inclusive for pupils with SEND;
- Reflect diversity and promote equality and inclusion;
- Are sensitive to pupils' backgrounds, experiences and needs;
- Support effective teaching, learning and assessment.

Teaching will include age-appropriate learning about the protected characteristics identified within the Equality Act 2010. This will be delivered sensitively and appropriately, enabling pupils to develop understanding, respect and acceptance of diversity within modern Britain.

Parents and carers have the right to understand what is being taught as part of the PSHE and RSHE curriculum. Curriculum overviews and teaching materials may be made available for parents to view upon request.

The school will comply fully with copyright legislation and licensing requirements when reproducing, adapting or sharing curriculum resources.

Definition of RSHE

At Pike Fold Primary School, Relationships and Health Education forms an essential part of our wider RSHE curriculum and supports children to develop the knowledge, skills and understanding they need to lead safe, healthy and fulfilling lives.

Through Relationships and Health Education, pupils are taught to:

- Understand the building blocks of healthy, positive and respectful relationships.
- Develop emotional literacy, self-awareness and emotional regulation skills.
- Show respect, kindness, empathy and consideration towards others.
- Recognise risks and know how to keep themselves safe, both online and offline.
- Understand the importance of maintaining a healthy lifestyle, including regular physical activity, healthy eating, adequate sleep and spending time outdoors.
- Develop strategies that support positive mental health and emotional wellbeing.
- Recognise that mental health is as important as physical health and help to reduce the stigma associated with mental health difficulties.

Our curriculum is designed to equip children with the confidence, resilience and skills needed to navigate an increasingly complex world. It encourages pupils to value themselves and others, make informed choices, build positive relationships and seek help when needed.

At Pike Fold Primary School, RSHE supports children in becoming healthy, confident, respectful and responsible members of society. Through a carefully planned and age-appropriate curriculum, we aim to prepare pupils for the opportunities, responsibilities and experiences of later life while promoting the school's core values and inclusive ethos.

Through PSHE and RSHE, pupils develop an understanding of British Values including democracy, the rule of law, individual liberty, mutual respect and tolerance of different faiths and beliefs. Opportunities to explore these values are embedded throughout the curriculum and school life.

5. The Jigsaw Approach

At Pike Fold Primary School, the Jigsaw PSHE scheme provides a comprehensive, whole-school approach to Personal, Social, Health and Economic (PSHE) Education and Relationships, Sex and Health Education (RSHE). Jigsaw promotes children's personal development, emotional wellbeing, positive relationships and understanding of health through a structured, progressive curriculum delivered from Early Years to Year 6.

Emotional Literacy

Jigsaw places emotional literacy at the heart of learning. Children are taught to recognise, understand and manage their emotions, while developing a rich emotional vocabulary that enables them to communicate their feelings effectively. This supports self-awareness, resilience and positive mental health.

Mindfulness

Mindfulness is embedded throughout the Jigsaw programme. Every lesson includes a dedicated *Calm Me* activity, which helps children develop self-regulation, concentration, emotional control and a sense of wellbeing. These activities encourage pupils to reflect, manage stress and develop strategies to support their mental and emotional health.

Social Skills

Through *Connect Us* activities, children develop important social and interpersonal skills, including:

- Building and maintaining positive friendships.
- Cooperation and teamwork.
- Effective communication.
- Empathy and understanding of others.
- A sense of belonging within the school community.

These skills help pupils develop positive relationships and contribute effectively to school life.

Respectful Dialogue

Jigsaw promotes a safe and inclusive learning environment where children are encouraged to express their views and engage in thoughtful discussion. Pupils learn to:

- Listen respectfully to others.
- Recognise and value differing opinions and perspectives.
- Express their own views appropriately and confidently.
- Participate in discussions in a respectful, considerate and constructive manner.

This approach supports the development of mutual respect, tolerance and understanding, reflecting the school's values and commitment to equality and inclusion.

Spiral Learning

Jigsaw uses a spiral curriculum model in which key themes and concepts are revisited regularly throughout a child's primary education. Learning is built upon progressively, allowing children to deepen their understanding and develop increasingly sophisticated knowledge and skills as they mature.

This progressive approach ensures that pupils are able to make meaningful connections between previous and new learning, supporting long-term understanding and retention.

At Pike Fold Primary School, the Jigsaw approach helps ensure that all children are equipped with the knowledge, skills, attitudes and values needed to become confident, resilient, healthy and responsible individuals who are prepared for life beyond primary school.

6. Curriculum Organisation

At Pike Fold Primary School, PSHE is taught through a dedicated weekly lesson delivered by the class teacher using the Jigsaw programme. These planned lessons provide children with regular opportunities to develop their knowledge, understanding, skills and attitudes relating to personal development, relationships, health, wellbeing and citizenship.

We recognise that effective PSHE education extends beyond discrete lessons and is embedded throughout school life. Learning is reinforced and enriched through:

- Assemblies
- Collective Worship
- The promotion of the school's values and ethos
- Behaviour and relationship policies and systems
- Educational visits and visitors
- Cross-curricular learning opportunities
- Whole-school events and awareness days
- Positive everyday interactions and relationships across the school community

Children are encouraged to apply their learning in meaningful and real-life contexts throughout the school day. Staff model positive relationships, respectful communication and healthy behaviours, enabling pupils to practise and develop the skills taught within PSHE lessons.

Through this whole-school approach, pupils are supported to transfer their learning into everyday situations, helping them to become confident, responsible and active members of their school and wider community. This ensures that PSHE is not taught as an isolated subject, but as an integral part of daily life at Pike Fold Primary School.

7. Jigsaw Curriculum Structure

Term	Puzzle	Content
Autumn 1	Being Me in My World	Identity, rights, responsibilities, citizenship
Autumn 2	Celebrating Difference	Diversity, anti-bullying, equality, respect
Spring 1	Dreams and Goals	Aspirations, resilience, achievement
Spring 2	Healthy Me	Physical health, mental health, lifestyle choices
Summer 1	Relationships	Families, friendships, communication
Summer 2	Changing Me	Growth, transitions, puberty and development

8. Relationships Education

Relationships Education is a compulsory part of the primary school curriculum and is taught to all pupils at Pike Fold Primary School. Parents and carers do not have the right to withdraw their child from Relationships Education, as it forms part of the statutory curriculum for all primary-aged children.

The aim of Relationships Education is to help pupils develop the knowledge, understanding, skills and values needed to build positive, healthy and respectful relationships throughout their lives. Through a planned and progressive curriculum, pupils learn about:

- Families and people who care for them;
- Caring friendships;
- Respectful relationships;
- Online relationships;
- Being safe;
- Kindness, empathy and inclusion;
- Respect for themselves and others;
- Recognising and reporting concerns or unsafe situations.

Teaching is delivered in an age-appropriate and sensitive manner and reflects the diverse nature of modern society. Learning promotes equality, respect and inclusion, helping pupils to understand the importance of healthy relationships and positive behaviour both online and offline.

Relationships Education supports the school's wider safeguarding responsibilities and contributes to pupils' personal development, wellbeing and preparation for life in modern Britain. Through this learning, pupils are encouraged to develop resilience, confidence, self-respect and an understanding of how to build and maintain positive relationships with others.

Families and People Who Care for Me

Pupils learn that families play a vital role in supporting children's happiness, wellbeing and development. Children are taught:

- That families are important for caring for and supporting children.
- That families can look different and that all families should be respected.
- That healthy family relationships are based on love, care, trust and commitment.
- That stable and secure relationships support children's emotional wellbeing and development.
- That marriage and civil partnerships are legal and recognised commitments.
- How to seek help and support if family relationships make them feel worried, unsafe or unhappy.

Caring Friendships

Pupils learn the importance of positive friendships and the characteristics of healthy relationships. Children are taught:

- The value and importance of friendship.
- The characteristics of healthy friendships.
- The importance of trust, kindness, honesty and loyalty.
- How to manage and resolve disagreements respectfully.
- How to recognise unhealthy or harmful friendships.
- When and how to seek support if they are worried about a friendship.
- That everyone can experience loneliness at times and that talking about feelings is important.
- That friendships can face difficulties and, where appropriate, can be repaired.
- That violence is never an acceptable way to resolve conflict.

Respectful Relationships

Children are taught how to build positive relationships based on mutual respect and understanding. Pupils learn about:

- Respect for themselves and others.
- Courtesy, consideration and good manners.
- Equality, diversity and inclusion.
- The impact and consequences of bullying behaviours.
- Challenging stereotypes and promoting fairness.
- Understanding personal boundaries and the importance of seeking permission.
- Taking responsibility for their actions and behaviour.
- Balancing their own needs with the needs and feelings of others.
- Recognising and maintaining healthy boundaries.
- The difference between assertive behaviour and controlling behaviour.
- The role of self-esteem in developing healthy relationships.
- How to seek help if they are concerned about violence, abuse or harmful behaviour.

Online Relationships

As part of Relationships Education, children learn how to build safe and respectful relationships in digital environments. Pupils are taught:

- How to behave respectfully online.
- The importance of online safety, privacy and responsible use of technology.
- How to recognise risks within online environments.
- How to share personal information safely.
- How and when to report concerns.
- The concept of a digital footprint and its long-term impact.
- That people online may not always be who they say they are.
- The potential risks associated with online friendships and communications.
- The purpose and importance of age restrictions on social media platforms and online services.
- That information, photographs and videos shared online can remain accessible indefinitely.
- Strategies for resisting pressure or manipulation online.
- How privacy settings and location services can help protect personal information.
- Where and how to access support if they experience or encounter concerning, upsetting or harmful online content.

Being Safe

Keeping children safe is a key element of the Relationships Education curriculum. Pupils are taught:

- About personal boundaries and individual rights.
- The importance of privacy and respecting the privacy of others.
- The concept of consent in age-appropriate contexts.
- That their body belongs to them.
- How to identify safe and unsafe situations.
- The role of trusted adults and support networks.
- How and when to report concerns, worries or abuse.
- The difference between safe and unsafe secrets.
- How to recognise unhealthy or harmful relationships.
- How to identify people they can trust.
- The importance of continuing to ask for help until they are listened to and supported.
- How to respond safely when approached by unfamiliar adults, both online and offline.

Through these areas of learning, Pike Fold Primary School aims to develop children's confidence, resilience, respect for others and ability to keep themselves safe, preparing them for positive relationships and responsible participation in modern society.

9. Health Education

Health Education is a compulsory part of the curriculum for all pupils at Pike Fold Primary School and is taught in accordance with the statutory requirements set out by the Department for Education. The curriculum provides children with the knowledge and skills necessary to make informed decisions about their physical health, mental wellbeing and personal safety, both now and in the future.

Through Health Education, pupils learn about:

- Mental wellbeing and emotional health.
- Recognising and managing emotions.
- Building resilience and self-esteem.
- Healthy lifestyles and healthy choices.
- Physical activity and the benefits of regular exercise.
- Healthy eating and nutrition.
- The importance of sleep and rest.
- Personal hygiene and illness prevention.
- Keeping safe, including online safety.
- Basic first aid and emergency situations.
- Understanding and maintaining healthy relationships.
- The importance of seeking support when needed.

Health Education is delivered through the Jigsaw curriculum and is reinforced through wider school experiences, assemblies, educational visits, wellbeing initiatives and everyday interactions within the school community.

Right to Withdraw

As Health Education forms part of the statutory National Curriculum requirements for primary-aged pupils, there is no right for parents or carers to withdraw their child from Health Education lessons.

Pike Fold Primary School is committed to ensuring that all children receive high-quality Health Education which is age-appropriate, inclusive and accessible. The curriculum supports pupils to develop the knowledge, understanding and skills they need to make positive choices, maintain their wellbeing and lead healthy, safe and successful lives.

Mental Wellbeing

At Pike Fold Primary School, mental wellbeing is recognised as being just as important as physical health. Through our Health Education curriculum, children are taught to understand their emotions, develop positive coping strategies and build resilience so that they can thrive both academically and personally.

Pupils are taught:

- That mental health is a normal and important part of everyday health and wellbeing.

- How to recognise, understand and express a wide range of emotions through the development of emotional literacy.
- Strategies for managing emotions in healthy and appropriate ways.
- Practical self-care techniques that support positive mental health and wellbeing.
- The importance of resilience and perseverance when facing challenges.
- How positive relationships contribute to emotional wellbeing.
- Where and how to access help and support for themselves or others when needed.
- That feelings such as worry, sadness and anxiety are normal human emotions that everyone experiences at times.
- That loneliness can affect wellbeing and that it is important to seek support when feeling isolated.
- That experiences such as loss, grief and bereavement can result in a range of emotions and affect individuals in different ways.
- That mental health difficulties are common and that support, treatment and advice are available.
- The positive impact that helping others, showing kindness, participating in community activities and spending time outdoors can have on wellbeing.

Through the Jigsaw curriculum, mindfulness activities, myHappyMind learning, pastoral support and our wider wellbeing provision, children are encouraged to develop self-awareness, emotional resilience and confidence in seeking help when needed. We aim to create a school culture where mental health is openly discussed, valued and supported, helping all pupils feel safe, included and able to flourish.

Pike Fold Primary School is committed to promoting positive mental health and wellbeing for all members of the school community and to reducing the stigma that can sometimes be associated with mental health difficulties.

Online Safety and Digital Wellbeing

Online safety is taught as an integral part of Relationships, Health and PSHE Education and reflects the increasingly important role that technology plays in children's lives. The curriculum equips pupils with the knowledge, skills and confidence to use digital technologies safely, responsibly and respectfully, both now and in the future.

Through age-appropriate learning, pupils will develop an understanding of:

- The benefits and potential risks associated with digital technology and online activity;
- How to manage screen time and maintain a healthy balance between online and offline activities;
- Recognising, responding to and reporting online abuse, cyberbullying and inappropriate behaviour;
- The purpose of age restrictions on games, apps, films and social media platforms;
- How their online behaviour contributes to their digital footprint and online reputation;
- The importance of critical thinking when accessing information online;
- Risks associated with online gaming, including communication with others and in-game purchases;
- How to identify scams, phishing attempts and online fraud;

- The potential impact of online content and technology use on physical health, mental health and emotional wellbeing;
- How search engines, algorithms and online advertising can influence the information they see;
- Their rights and responsibilities regarding privacy, personal information and data protection.

Teaching enables pupils to become safe, responsible and informed digital citizens. Pupils are encouraged to seek support from a trusted adult whenever they encounter content, behaviour or situations online that make them feel worried, uncomfortable or unsafe.

Online safety education is delivered through the PSHE and RSHE curriculum, dedicated online safety lessons, assemblies, safeguarding activities and the wider curriculum. It supports the school's safeguarding responsibilities and promotes the safe and responsible use of technology both in school and at home.

Physical Health and Fitness

At Pike Fold Primary School, children are taught the importance of maintaining a healthy and active lifestyle as part of their Health Education curriculum. Pupils develop an understanding of how physical health contributes to overall wellbeing and how healthy habits established in childhood can support lifelong health and happiness.

Children are taught:

- The physical, emotional and social benefits of regular exercise and physical activity.
- How to develop and maintain healthy, active lifestyles.
- The importance of establishing positive routines that support health and wellbeing.
- The relationship between physical health and mental wellbeing, including how physical activity can improve mood, reduce stress and support emotional resilience.

Through PE lessons, active playtimes, sporting events, extracurricular activities and participation in wider physical activity opportunities, pupils are encouraged to enjoy being active and develop positive attitudes towards exercise and healthy living.

Children learn that regular physical activity can:

- Improve physical fitness, strength and overall health.
- Support concentration, learning and academic achievement.
- Promote positive mental health and emotional wellbeing.
- Help to manage stress and promote relaxation.
- Encourage teamwork, cooperation and social interaction.
- Build confidence, perseverance and resilience.

The school promotes healthy lifestyle choices through a range of curriculum and enrichment opportunities, helping pupils to understand the importance of balancing physical activity, rest, nutrition and emotional wellbeing.

By developing knowledge, skills and positive attitudes towards health and fitness, Pike Fold Primary School aims to empower children to make informed choices that support their wellbeing both now and in the future.

Healthy Eating

At Pike Fold Primary School, children are taught the importance of healthy eating and making informed food choices as part of a balanced and healthy lifestyle. Through the Health Education curriculum, pupils develop an understanding of nutrition and how the food they eat can positively impact their physical health, mental wellbeing, growth and development.

Children are taught:

- The principles of a healthy and balanced diet.
- The role of nutrition in maintaining good health and wellbeing.
- How to make healthy food and drink choices.
- The potential risks associated with an unhealthy diet and poor nutritional habits.
- The importance of developing a positive and healthy relationship with food.
- A basic understanding of calories, energy intake and nutritional content.
- Fundamental principles of meal planning and balanced meals.

Pupils learn about the different food groups and the contribution they make to maintaining good health. They are encouraged to understand the importance of variety, moderation and balance when making food choices and to recognise how healthy eating supports growth, learning, concentration and overall wellbeing.

Children also explore:

- The importance of staying hydrated.
- The benefits of eating a wide range of foods.
- The role of food in providing energy and supporting healthy development.
- How healthy eating habits established during childhood can contribute to lifelong health.
- The links between nutrition, physical health and emotional wellbeing.

Through classroom learning and wider curriculum opportunities, pupils are encouraged to make informed choices and to view food positively as part of a healthy lifestyle. Teaching promotes a balanced approach to nutrition and supports children to understand that healthy eating is about nourishing the body, enjoying food and developing sustainable habits rather than restriction or dieting.

By developing knowledge and understanding about healthy eating, Pike Fold Primary School aims to equip children with the skills and confidence to make positive choices that support their health, wellbeing and readiness to learn throughout their lives.

Drugs, Alcohol, Tobacco and Vaping

As part of the Health Education curriculum, Pike Fold Primary School teaches children age-appropriate information about drugs, alcohol, tobacco and vaping. The curriculum aims to equip pupils with the

knowledge and confidence to make informed and healthy choices, understand potential risks and know where to seek help and advice when needed.

Children are taught:

- The safe and appropriate use of medicines and the importance of taking medicines only when given by a trusted adult or healthcare professional.
- Facts about tobacco and the harmful effects that smoking can have on physical health and wellbeing.
- Age-appropriate information about alcohol, including its effects on the body and the importance of making safe choices.
- Information about vaping and e-cigarettes, including the potential risks associated with their use.
- An understanding of nicotine and how addiction can develop.
- The difference between legal and illegal substances and the potential risks associated with their misuse.

Pupils also learn:

- How substances can affect physical health, mental wellbeing and decision-making.
- The importance of personal safety and resisting pressure from others.
- How to recognise unsafe situations and seek support from trusted adults.
- Where to access reliable information, advice and help.
- The role of the law in protecting individuals from harm associated with certain substances.

Teaching is delivered in a sensitive, age-appropriate and factual manner, ensuring that pupils develop the knowledge and understanding needed to keep themselves safe. Lessons focus on prevention, informed decision-making and building resilience, helping children to develop the confidence to make healthy choices both now and in the future.

Through this aspect of Health Education, Pike Fold Primary School aims to promote pupils' safety, wellbeing and ability to make responsible decisions, whilst preparing them for the opportunities and challenges they may encounter as they grow older.

Health Protection and Prevention

At Pike Fold Primary School, children are taught how to protect and maintain their physical health through positive habits, personal responsibility and informed decision-making. Through Health Education, pupils learn about the factors that contribute to good health and wellbeing and how healthy choices can help prevent illness and support lifelong wellbeing.

Children are taught:

- The importance of sleep and its role in supporting physical health, emotional wellbeing, concentration and learning.
- Good oral hygiene practices and the importance of caring for their teeth and gums.
- The purpose of vaccinations and immunisations in protecting individuals and communities from disease.

- The importance of personal hygiene in preventing illness and maintaining good health.
- How germs and infections spread and the steps that can be taken to reduce transmission.
- The importance of sun safety and protecting skin from harmful ultraviolet (UV) rays.
- How to recognise early signs that they may be physically unwell and when to seek support from a trusted adult.

Pupils also learn:

- The recommended amounts of sleep required by children at different stages of development.
- The benefits of establishing healthy bedtime routines, including reducing screen use before sleep.
- Effective oral hygiene habits, including brushing teeth correctly, cleaning between teeth and attending regular dental appointments.
- The importance of handwashing and other hygiene practices in preventing the spread of germs and infection.
- How healthy daily routines contribute to overall health, wellbeing and readiness to learn.
- The importance of balancing rest, physical activity and healthy lifestyle choices.

Teaching encourages children to understand that looking after their health involves both prevention and self-care. Pupils are supported to recognise how everyday habits can positively influence their physical health, mental wellbeing and quality of life.

Through the wider curriculum, school health initiatives and wellbeing programmes, Pike Fold Primary School promotes a culture in which children are encouraged to take responsibility for their own health and develop the knowledge, skills and habits needed to lead healthy, safe and active lives.

Personal Safety

At Pike Fold Primary School, children are taught the knowledge, skills and confidence needed to recognise risks, make safe choices and respond appropriately in situations that may affect their safety. Through our Health Education curriculum, pupils learn practical strategies to help keep themselves and others safe at home, at school, online and within the wider community.

Children are taught:

- The principles of road safety, including how to travel safely as a pedestrian, cyclist and passenger.
- Essential water safety awareness and how to stay safe around rivers, canals, lakes, the coast and swimming pools.
- The importance of rail safety and how to behave responsibly around railways, stations and level crossings.
- How to respond appropriately in emergency situations.
- Risk management skills, including how to identify hazards, assess potential dangers and reduce risks.
- Basic fire safety awareness and how to react safely in the event of a fire.

Pupils also learn:

- How to recognise situations that may be unsafe.
- The importance of following safety rules and instructions.
- How to seek help from trusted adults when they feel unsafe or concerned.
- How to contact emergency services and understand when it is appropriate to do so.
- The role of personal responsibility in keeping themselves and others safe.
- How planning ahead and making informed decisions can reduce the likelihood of accidents and injuries.

Teaching is delivered in an age-appropriate and practical way, often drawing upon real-life scenarios and opportunities for discussion. Where appropriate, learning is enhanced through visits, visitors, themed safety events and partnerships with external agencies.

Through Personal Safety education, Pike Fold Primary School aims to help children develop the confidence, awareness and decision-making skills required to manage risk effectively, respond appropriately to emergencies and make choices that support their long-term safety and wellbeing.

Basic First Aid

At Pike Fold Primary School, children are taught basic first aid skills to help them respond appropriately in emergency situations and understand how to seek help when someone is injured or unwell. This learning helps pupils develop confidence, responsibility and an awareness of how their actions can contribute to keeping themselves and others safe.

Children are taught:

- How and when to make an emergency call.
- Basic life-saving actions that may be required in an emergency.
- Appropriate first aid responses to common injuries and accidents.

Pupils also learn:

- How to recognise when a situation is an emergency.
- How to remain calm and seek help from a trusted adult.
- The information emergency services may need, including their location and details of the incident.
- How to contact emergency services by dialling 999 and understand the role of different emergency responders.
- Simple steps they can take to help keep themselves and others safe while waiting for assistance.
- How to respond appropriately to common injuries such as cuts, grazes, burns, bumps, nosebleeds and minor sprains.
- The importance of never putting themselves in danger when attempting to help others.

Teaching is delivered in an age-appropriate manner and focuses on developing practical knowledge, confidence and decision-making skills. Where appropriate, learning may be enhanced through visits, workshops, themed safety events and contributions from healthcare professionals or emergency service personnel.

Through Basic First Aid education, Pike Fold Primary School aims to ensure that children develop the awareness, knowledge and confidence needed to respond appropriately in emergency situations, seek help effectively and contribute to a safe and caring community.

Developing Bodies

As part of the statutory Health Education curriculum, Pike Fold Primary School teaches children about human growth and development in an age-appropriate, sensitive and inclusive manner. This area of learning helps pupils understand the physical and emotional changes that occur as they grow, while promoting positive self-esteem, body confidence and personal wellbeing.

Children are taught:

- The stages of growth and development across the human lifecycle.
- The physical and emotional changes that take place during puberty.
- Menstruation and the menstrual cycle, including practical information to support understanding and preparation.
- How emotions and relationships may change as they grow older.
- The importance of developing a positive body image and body confidence.
- Strategies for building self-esteem and self-respect.
- How to manage the physical and emotional changes associated with growing up.

Pupils also learn:

- That puberty is a natural part of growing up and that individuals may experience these changes at different times and rates.
- The correct scientific terminology for body parts, including the penis, vulva, vagina, testicles and scrotum.
- The importance of personal hygiene during puberty.
- How to identify and manage feelings that may arise from physical and emotional changes.
- The importance of respecting their own bodies and the bodies of others.
- Personal boundaries relating to private body parts and the concept of bodily autonomy.
- That every person is unique and that bodies develop in different ways.

Teaching is delivered in a supportive environment where questions can be asked respectfully and sensitively. Lessons are carefully planned to ensure that learning is age-appropriate, factual and accessible to all pupils, including those with special educational needs and disabilities (SEND).

Through this aspect of Health Education, Pike Fold Primary School aims to ensure that children are prepared for the changes associated with growing up, understand how to care for their physical and emotional wellbeing, and develop the confidence and knowledge needed to navigate adolescence safely and positively.

Financial Education

Financial education is an important aspect of the school's PSHE curriculum and helps pupils develop the knowledge, skills and attitudes needed to make informed and responsible financial decisions throughout their lives. Learning is delivered in an age-appropriate way and is designed to support pupils in understanding the role of money in everyday life.

Through the PSHE curriculum, pupils will learn about:

- How money is earned and the different ways people contribute to society through work;
- The importance of saving money and spending responsibly;
- The difference between needs and wants and how this can influence spending choices;
- Budgeting and managing money in simple, real-life contexts;
- The importance of making informed financial decisions and considering the consequences of choices;
- Enterprise, ambition and aspiration, including an understanding of future education, careers and opportunities.

Teaching aims to develop financial awareness, responsibility and confidence, helping pupils to build practical life skills that will support them as they grow older. Learning also encourages pupils to value hard work, understand the importance of planning for the future and recognise how financial decisions can affect both individuals and families.

Financial education is delivered through the PSHE curriculum and, where appropriate, is reinforced through wider curriculum opportunities, enrichment activities and real-life experiences that help pupils apply their learning in meaningful contexts.

myHappymind Programme

At Pike Fold Primary School, our Health Education curriculum is further enhanced through the myHappymind programme, **which** supports children's mental health, emotional wellbeing and resilience. Grounded in neuroscience and positive psychology, the programme helps children develop an understanding of how their brains work and equips them with practical strategies to support lifelong wellbeing and success.

The myHappymind programme complements and strengthens the learning delivered through our Jigsaw PSHE and RSHE curriculum by helping children to:

- Understand how the brain works and how emotions can influence learning, behaviour and relationships.
- Develop self-awareness and emotional literacy.
- Build confidence, resilience and positive self-esteem.
- Learn strategies for self-regulation and managing worries, challenges and setbacks.
- Develop empathy, kindness and positive relationships with others.

- Recognise and celebrate their own strengths, talents and achievements.
- Foster a positive mindset and develop a growth mindset approach to learning and personal development.

The programme is delivered through five interconnected modules which build children's understanding of themselves and others.

Meet Your Brain

Children develop an understanding of the different parts of the brain and learn how thoughts, feelings and behaviours are connected. This module helps pupils recognise how their brains respond to different situations and introduces strategies to support self-regulation and emotional wellbeing.

Celebrate

This module focuses on self-esteem, character strengths and positive self-identity. Children learn to recognise their individual qualities, value their achievements and develop confidence in themselves and their abilities.

Appreciate

Children explore gratitude, positivity and emotional wellbeing. They learn how appreciating positive experiences, people and opportunities can improve happiness, wellbeing and resilience.

Relate

This module supports pupils in developing positive relationships through empathy, kindness, effective communication and understanding the feelings and perspectives of others. It reinforces the importance of respectful relationships and belonging within a community.

Engage

Children develop skills relating to motivation, goal-setting, resilience, perseverance and purpose. They learn how to approach challenges positively, develop determination and recognise the value of effort and persistence.

Learning from myHappyMind is reinforced throughout the school day through classroom practice, assemblies, pastoral support, wellbeing activities and strong partnerships with parents and carers. The programme contributes significantly to the school's wider commitment to promoting positive mental health and emotional wellbeing.

By integrating myHappyMind alongside Jigsaw, Pike Fold Primary School provides a comprehensive approach to supporting children's personal development, helping them become emotionally healthy, confident, resilient and successful learners who are well prepared for the opportunities, responsibilities and challenges of modern life.

10. Sex Education

Sex Education is not a statutory requirement in primary schools. At Pike Fold Primary School, we follow the Department for Education guidance and deliver the statutory elements of Relationships Education, Health Education and the Science Curriculum in an age-appropriate manner. Pike Fold Primary School does not currently teach any additional non-statutory Sex Education beyond the requirements of the Science Curriculum and statutory Health Education.

Children learn about aspects of human growth and reproduction through the statutory National Curriculum for Science and Health Education. This includes learning about:

- Human life cycles and the stages of growth and development.
- Reproduction in mammals.
- Human reproduction as part of the Science curriculum.
- Puberty and the physical and emotional changes associated with growing up as part of Health Education.

Teaching is delivered sensitively and appropriately to the age and developmental stage of pupils. Lessons provide accurate, factual information and create opportunities for children to ask questions in a safe and respectful environment.

Pupils are supported to understand:

- That living things reproduce and have life cycles.
- How humans develop from infancy through to adulthood.
- The physical and emotional changes that occur during puberty.
- The importance of personal hygiene, self-care and emotional wellbeing during periods of development and change.
- How to respect their own bodies and the bodies of others.

As this content forms part of the statutory Science Curriculum and statutory Health Education, parents and carers do not have the right to withdraw their child from these lessons.

The school believes that providing accurate, age-appropriate information supports children's understanding of their own development, promotes positive wellbeing and helps prepare them for the changes they will experience as they grow older.

Pike Fold Primary School is committed to delivering this learning in a manner that is inclusive, respectful and responsive to the needs of all pupils, including those with special educational needs and disabilities (SEND).

We are committed to working openly with parents and are happy to discuss curriculum content at any time.

11. Equality, Diversity and Inclusion

At Pike Fold Primary School, we are committed to promoting equality, diversity, inclusion and mutual respect. We believe that every child should feel valued, represented and respected within our school community. Our RSHE and PSHE curriculum reflects the requirements of the Equality Act 2010 and the Public Sector Equality Duty, ensuring that teaching promotes equality of opportunity, challenges discrimination and fosters positive relationships between all members of the school community.

Through our curriculum, children are supported to develop an understanding of diversity and are encouraged to value the differences that make individuals and communities unique. Teaching is age-appropriate, inclusive and respectful, helping pupils develop the knowledge, skills and attitudes needed to participate positively in modern Britain.

We promote understanding, respect and acceptance of the protected characteristics identified within the Equality Act 2010 and encourage all pupils to treat others with kindness, dignity and respect.

Families

As part of Relationships Education, children learn that families come in many different forms and that all families should be valued and respected. Pupils are taught that families may include:

- Single-parent families.
- Married families.
- Unmarried families.
- Families with same-sex parents.
- Adoptive families.
- Foster families.
- Kinship care arrangements.
- Blended families.
- Families from different faith, cultural and ethnic backgrounds.

Throughout this learning, the emphasis is placed on the importance of loving, caring, stable and supportive relationships. Children learn that it is these positive relationships that contribute to wellbeing, security and personal development.

Challenging Stereotypes

Pike Fold Primary School actively promotes equality and seeks to challenge stereotypes and prejudice wherever they arise. Through classroom learning, discussion and everyday interactions, children are taught to:

- Challenge prejudice and discriminatory behaviour.
- Recognise and question stereotypes.
- Respect and value differences between individuals and groups.
- Promote inclusion and belonging.
- Treat all people with dignity, fairness and respect.

Pupils are encouraged to think critically about assumptions and stereotypes they may encounter in society, the media and online. They learn that everyone has the right to be treated equally and that diversity strengthens communities.

Through our inclusive curriculum and whole-school ethos, Pike Fold Primary School aims to foster a culture of respect, understanding and acceptance, ensuring that all children feel safe, valued and able to thrive regardless of their background, identity, beliefs or personal circumstances.

12. Inclusion and SEND Provision

At Pike Fold Primary School, we are committed to ensuring that Personal, Social, Health and Economic (PSHE) Education and Relationships, Sex and Health Education (RSHE) are fully inclusive and accessible to all pupils. We recognise that every child has unique needs, strengths and experiences, and we strive to provide a curriculum that enables all learners to participate, achieve and develop the knowledge and skills needed to lead safe, healthy and fulfilling lives.

Teaching is planned and adapted to meet the diverse needs of pupils, including those with Special Educational Needs and Disabilities (SEND). Staff use a range of strategies to ensure that learning is accessible and meaningful, including:

- Visual supports and resources.
- Simplified language and adapted vocabulary.
- Pre-teaching of key concepts and terminology.
- Social stories and personalised learning materials.
- Additional adult support where appropriate.
- Practical, experiential and hands-on activities.
- Small-group or targeted teaching sessions.

Staff carefully consider pupils' developmental stage, communication needs and individual learning profiles when planning and delivering PSHE and RSHE lessons. Adjustments are made to ensure that all children can access the curriculum and participate confidently in discussions and activities.

We recognise that children with SEND may be particularly vulnerable to:

- Bullying and discrimination.
- Exploitation and manipulation.
- Online risks and abuse.
- Difficulties recognising unsafe situations or relationships.
- Challenges in communicating concerns or seeking help.

For this reason, we believe that high-quality PSHE and RSHE education is especially important for pupils with SEND. Our curriculum provides explicit teaching about personal safety, healthy relationships, consent, boundaries, emotional wellbeing and how to seek support, helping pupils develop the skills needed to stay safe and make informed decisions.

The PSHE Lead works closely with the Special Educational Needs Coordinator (SENCo) to ensure that provision is appropriate, inclusive and responsive to pupils' individual needs. This collaborative approach helps to ensure that pupils with SEND receive the support, adaptations and learning opportunities necessary to access the curriculum successfully and make progress in their personal development.

Through our inclusive approach, Pike Fold Primary School aims to ensure that every child, regardless of need or ability, feels valued, supported and empowered to develop the confidence, resilience and life skills required to thrive both in school and beyond.

13. Safeguarding

PSHE and RSHE play a vital role in supporting the school's safeguarding responsibilities and helping pupils to develop the knowledge, skills and confidence needed to keep themselves safe. Through a planned and age-appropriate curriculum, pupils are taught how to recognise risks, make informed decisions, seek support when needed and understand their rights and responsibilities.

Pupils are taught to:

- Recognise situations that may place them at risk of harm;
- Identify different forms of abuse, including neglect, physical, emotional and online abuse;
- Understand the concepts of consent, personal space and healthy boundaries in an age-appropriate way;
- Recognise trusted adults who can provide help and support;
- Seek help confidently when they are worried, upset or feel unsafe;
- Report concerns about themselves or others;
- Understand their rights, including their right to feel safe, valued and respected.

Teaching is delivered in a manner that is sensitive, inclusive and developmentally appropriate, ensuring pupils feel supported when discussing safeguarding-related themes. The curriculum supports pupils to develop resilience, self-awareness and the confidence to speak out when something does not feel right.

Managing Disclosures

Staff recognise that PSHE and RSHE lessons may, on occasion, prompt pupils to share concerns, experiences or disclosures relating to their safety or wellbeing.

All staff delivering PSHE and RSHE will:

- Listen carefully and respond sensitively to any disclosure;
- Never promise confidentiality to a pupil;
- Reassure pupils that they have done the right thing by speaking to a trusted adult;
- Follow the school's safeguarding and child protection procedures at all times;
- Record concerns accurately, factually and in a timely manner;
- Report concerns immediately to the Designated Safeguarding Lead (DSL), or a Deputy Designated Safeguarding Lead where appropriate.

Where a safeguarding concern is identified, the welfare of the child will always be the school's paramount consideration. Any disclosures or concerns arising from PSHE or RSHE lessons will be managed in line with the school's Child Protection and Safeguarding Policy, Keeping Children Safe in Education (KCSIE) and local safeguarding partnership procedures.

Appropriate support will be provided for pupils affected by safeguarding issues, and staff will work closely with families and external agencies where required to ensure children receive the help and protection they need.

Teachers cannot offer absolute confidentiality to pupils. If a child discloses information that indicates they may be at risk of harm, staff will follow the school's safeguarding procedures and share information with the Designated Safeguarding Lead.

14. Working with Parents and Carers

At Pike Fold Primary School, we recognise that parents and carers are a child's first and most influential educators. We value the important role that families play in supporting children's personal development, health, wellbeing and relationships education, and we are committed to working in partnership with parents and carers to ensure the best outcomes for all pupils.

We promote open communication and meaningful engagement with families through:

- Curriculum information published on the school website.
- Parent information sessions and workshops.
- Curriculum overviews outlining planned learning.
- Opportunities for parents and carers to view teaching resources and materials.
- Regular communication through newsletters, the school website and other school communication systems.
- Consultation with parents and carers during the review and development of this policy.

We believe that a strong partnership between home and school helps to reinforce key messages relating to health, wellbeing, safety and relationships, providing children with consistent support and guidance.

Parents and carers are encouraged to engage with their child's learning and to discuss any questions or concerns they may have about the PSHE or RSHE curriculum. The school welcomes constructive dialogue and aims to address concerns sensitively and professionally.

Should parents or carers wish to discuss any aspect of the curriculum, they are encouraged to contact:

- Their child's Class Teacher
- The PSHE Lead
- The Headteacher

Where appropriate, meetings can be arranged to discuss curriculum content, review resources or address individual concerns.

By working collaboratively with parents and carers, Pike Fold Primary School aims to provide a positive, supportive and transparent approach to PSHE and RSHE education, ensuring that children receive consistent messages that support their personal development, wellbeing and readiness for life in modern society.

15. Use of External Agencies

External agencies, specialist organisations and visitors can provide valuable expertise and enhance aspects of the PSHE and RSHE curriculum. Where appropriate, Pike Fold Primary School may invite external contributors to support the delivery of specific topics. However, responsibility for the planning, delivery and quality assurance of the curriculum remains with the school at all times.

Before any external provider is permitted to work with pupils, the school will:

- Review all resources and materials in advance of delivery;
- Review lesson plans and intended learning outcomes;
- Ensure visitors understand and comply with the school's safeguarding procedures;
- Ensure visitors understand professional boundaries and confidentiality expectations;
- Carry out appropriate checks and due diligence on external providers;
- Ensure that all content is consistent with the aims and values of the school;
- Retain overall responsibility for all curriculum content delivered to pupils.

The school will ensure that all external visitors:

- Are appropriately vetted and approved by the school;
- Support the objectives of the PSHE and RSHE curriculum;
- Provide information that is accurate, factual, balanced and evidence-based;
- Deliver content that is age-appropriate and suitable for the developmental stage of pupils;
- Comply fully with safeguarding and child protection requirements;
- Maintain political impartiality in accordance with legal requirements and school policy;
- Respect the inclusive ethos and values of the school.

A member of school staff will remain present throughout all sessions delivered by external providers. Teachers will actively support learning, monitor the appropriateness of content and respond to any issues that arise. The school retains full responsibility for the quality, accuracy and suitability of all information delivered to pupils, regardless of whether it is provided by school staff or external organisations.

Any safeguarding concerns raised during a visit will be managed in accordance with the school's Child Protection and Safeguarding Policy and reported immediately to the Designated Safeguarding Lead (DSL) in line with established procedures.

16. Roles and Responsibilities

Clear roles and responsibilities help to ensure that PSHE and RSHE are delivered effectively, consistently and in accordance with statutory requirements. All members of the school community have an important role to play in supporting pupils' personal development, wellbeing and safety.

Governing Body

The Governing Body is responsible for:

- Approving this policy.
- Monitoring the implementation and effectiveness of the PSHE and RSHE curriculum.
- Ensuring that the school meets all relevant statutory requirements.

The Governing Body will ensure that:

- Curriculum materials and resources align with current statutory guidance.
- Teaching is inclusive and accessible for all pupils, including those with SEND.
- Clear information is available to parents and carers regarding curriculum content, resources and statutory requirements.
- Appropriate monitoring and evaluation arrangements are in place.
- PSHE and RSHE provision supports the school's safeguarding responsibilities and wider curriculum aims.

Headteacher

The Headteacher has overall responsibility for the implementation of this policy and is responsible for:

- Providing strategic leadership for PSHE and RSHE across the school.
- Ensuring statutory requirements are met.
- Supporting and monitoring staff in the delivery of the curriculum.
- Ensuring adequate training and resources are available.
- Liaising with parents and carers where appropriate.
- Ensuring that PSHE and RSHE contribute to the school's safeguarding and wellbeing agenda.
- Promoting an inclusive and respectful school culture that reflects the values of this policy.

PSHE Lead

The PSHE Lead is responsible for the day-to-day leadership and development of PSHE and RSHE throughout the school. Responsibilities include:

- Leading curriculum development and implementation.
- Monitoring the quality and consistency of provision.
- Supporting and advising staff.
- Managing curriculum resources.
- Identifying and coordinating professional development opportunities.

- Monitoring statutory compliance.
- Leading the review and evaluation of this policy.

The PSHE Lead will monitor:

- Curriculum planning and progression.
- Lesson delivery and teaching quality.
- The suitability and quality of resources.
- Assessment information and pupil outcomes.
- Pupil voice and learner feedback.
- Parent and carer feedback.
- Staff confidence, knowledge and training needs.

The PSHE Lead will work closely with senior leaders, the SENCo and safeguarding team to ensure that provision remains inclusive, effective and responsive to the needs of all pupils.

This policy will be reviewed annually by the PSHE Lead, Headteacher and Governing Body, or sooner if changes to legislation or statutory guidance require it.

Staff

All staff have a responsibility to support the aims and delivery of PSHE and RSHE. Staff are responsible for:

- Delivering high-quality PSHE and RSHE lessons.
- Following the school's agreed curriculum and policy.
- Creating a safe, inclusive and respectful learning environment.
- Modelling positive relationships and respectful behaviour.
- Promoting pupils' wellbeing and personal development.
- Safeguarding pupils and maintaining appropriate professional boundaries.
- Challenging sexist, misogynistic, homophobic, discriminatory or prejudicial language and behaviour.
- Challenging harmful stereotypes and promoting equality and inclusion.
- Supporting pupils to develop respect for themselves and others.
- Delivering accurate, age-appropriate and unbiased information.
- Responding appropriately to pupil questions and concerns.
- Reporting safeguarding concerns immediately to the Designated Safeguarding Lead (DSL) in accordance with school safeguarding procedures.

Pupils

Pupils are expected to take an active and respectful role in their learning. They are expected to:

- Participate positively and respectfully in lessons and discussions.
- Follow the Jigsaw Charter and agreed class expectations.
- Respect the views, beliefs and opinions of others.
- Listen carefully and contribute appropriately.

- Treat others with kindness, courtesy and respect.
- Maintain confidentiality within agreed safeguarding boundaries.
- Seek support from a trusted adult when they have concerns or need help.
- Apply the knowledge and skills learned through PSHE and RSHE to their everyday lives.

By working together, governors, leaders, staff, pupils, parents and carers help to create a positive learning environment in which all children can develop the knowledge, skills, confidence and resilience needed to become healthy, safe, respectful and responsible members of society.

17. Staff Training and Professional Development

Pike Fold Primary School is committed to ensuring that all staff have the knowledge, skills and confidence required to deliver high-quality PSHE and RSHE education. Effective professional development supports staff in providing accurate, age-appropriate and inclusive teaching whilst meeting statutory requirements and safeguarding responsibilities.

Staff receive regular training and professional development opportunities, including:

- Jigsaw Programme updates and curriculum developments.
- Safeguarding training, including current statutory guidance and procedures.
- Mental health and wellbeing awareness.
- Online safety and emerging digital risks.
- Managing disclosures and responding appropriately to safeguarding concerns.
- Teaching sensitive or potentially challenging issues within PSHE and RSHE.
- Equality, diversity and inclusion.

Additional training may be provided in response to:

- Changes in legislation or statutory guidance.
- Emerging local or national safeguarding concerns.
- Curriculum developments.
- Identified staff training needs.
- School improvement priorities.

The PSHE Lead is responsible for identifying staff development needs and ensuring that appropriate training opportunities are available. This may include attendance at local authority networks, external training events, webinars, specialist workshops and in-school professional development sessions.

All staff are expected to maintain an up-to-date understanding of:

- Statutory Relationships Education and Health Education requirements.
- Safeguarding procedures and reporting responsibilities.
- The Equality Act 2010 and inclusive practice.
- The needs of pupils with SEND.

- Current guidance relating to online safety, wellbeing and mental health.

Professional development enables staff to deliver the curriculum confidently, respond effectively to pupils' questions and concerns, and create a safe, supportive and inclusive learning environment. Through ongoing training and reflective practice, Pike Fold Primary School ensures that PSHE and RSHE provision remains current, effective and responsive to the needs of its pupils and wider school community.

18. Assessment, Monitoring and Evaluation

At Pike Fold Primary School, assessment in PSHE and RSHE is used to support pupils' learning and development rather than to measure attainment against prescribed standards. Assessment focuses on the progress children make in acquiring knowledge, developing understanding, building skills and applying their learning in a range of real-life contexts.

Assessment is centred on pupils':

- Knowledge of PSHE and RSHE concepts and content.
- Understanding of key themes and issues.
- Personal, social and emotional skills.
- Ability to apply learning to everyday situations and decision-making.

Teachers use a range of formative assessment strategies to monitor learning, identify misconceptions and inform future planning. These may include observation, discussion, questioning, reflective activities, pupil self-assessment and recorded work where appropriate.

The aim of assessment is to ensure that pupils are developing the confidence, resilience, understanding and practical skills needed to support their wellbeing, relationships, safety and personal development.

Monitoring

The quality and effectiveness of PSHE and RSHE provision are regularly monitored to ensure that the curriculum remains relevant, inclusive and responsive to the needs of pupils.

Monitoring activities include:

- Learning walks.
- Lesson observations.
- Pupil voice activities and discussions.
- Scrutiny of curriculum planning and resources.
- Staff feedback and consultation.
- Parent and carer feedback.
- Analysis of assessment information.
- Review of behaviour, attendance and safeguarding data where appropriate.

Monitoring provides valuable information about the effectiveness of teaching, pupil engagement, curriculum coverage and the impact of the programme on pupils' personal development and wellbeing.

Evaluation and Improvement

The PSHE Lead is responsible for evaluating the overall effectiveness of the PSHE and RSHE curriculum and identifying priorities for continuous improvement. Findings from monitoring activities are used to:

- Inform curriculum development.
- Identify staff training needs.
- Review and improve teaching resources.
- Ensure statutory requirements are met.
- Strengthen provision for identified groups of pupils, including those with SEND.
- Respond to emerging safeguarding, wellbeing or local community needs.

The PSHE Lead will report findings, strengths and areas for development to the Senior Leadership Team and the Governing Body. This ensures appropriate oversight, accountability and strategic development of the school's PSHE and RSHE provision.

Through regular assessment, monitoring and evaluation, Pike Fold Primary School is committed to maintaining a high-quality PSHE and RSHE curriculum that supports pupils to become healthy, safe, resilient, respectful and responsible members of society.

19. Related Policies and Documents

This policy should be read in conjunction with the following school policies and procedures, which together support the effective delivery of PSHE, RSHE, safeguarding, inclusion and pupil wellbeing:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality Policy
- SEND Policy
- Online Safety Policy
- Health and Safety Policy
- Mental Health and Wellbeing Policy
- Science Policy

These policies provide additional guidance on the school's approach to safeguarding, behaviour, inclusion, equality, health, wellbeing and curriculum delivery. They should be considered alongside this policy to ensure a consistent and comprehensive approach to supporting pupils' personal development, safety, mental health and wellbeing.

School leaders, staff and governors will ensure that this policy is implemented in line with the school's wider policy framework and statutory responsibilities. Where appropriate, policies will be reviewed

together to ensure consistency and compliance with current legislation, national guidance and best practice.

Any concerns, queries or recommendations relating to the content or implementation of this policy should be directed to the Headteacher or the member of staff responsible for PSHE and RSHE provision.