

PSHE Policy
Newchurch St Nicholas CE Primary School

Introduction

Personal, Social, Health and Economic (PSHE) education promotes pupils' personal, social, and emotional development, as well as their health and wellbeing. It equips children with the knowledge and skills they need to lead confident, healthy, and independent lives. PSHE helps pupils understand how they are developing personally and socially and addresses many of the moral, social, and cultural issues that are part of growing up. It also provides an understanding of the rights and responsibilities involved in being a good citizen.

RSE

Our PSHE curriculum reflects recent statutory guidance, ensuring pupils develop the knowledge and skills needed for safety, wellbeing, and healthy relationships. There is an increased emphasis on online safety and wellbeing, including understanding online financial risks such as gaming monetisation, scams, and fraud, as well as the reasons for age restrictions on platforms like gambling websites and social media.

Health education supports pupils in understanding bodily changes, including the use of correct terminology for all body parts, including genitalia, to promote safeguarding and accurate communication. The curriculum also incorporates personal safety, teaching pupils to recognise and reduce risks in contexts such as fire hazards and travel safety around water, roads, and railways.

Additionally, pupils will learn about change and loss, including bereavement, recognising that grief affects individuals differently. Alongside knowledge, there is a strong focus on skills development, such as effective communication, assertiveness, and expressing needs and boundaries within relationships. Pupils will also build strategies for managing challenging emotions like disappointment, frustration, and loneliness, equipping them to navigate both online and offline challenges confidently.

Aims

PSHE education at Newchurch St Nicholas aims to:

- Provide pupils with knowledge and help them develop the self-esteem, confidence, and self-awareness necessary to make informed choices and decisions.
- Encourage and support the development of social skills and social awareness.
- Enable pupils to make sense of their own personal and social experiences.
- Promote responsible attitudes towards maintaining good physical and mental health, supported by a safe and healthy lifestyle.
- Enable effective interpersonal relationships and develop a caring attitude towards others.
- Encourage a caring attitude towards and responsibility for the environment.
- Help pupils understand and manage their feelings.
- Develop an understanding of how society works and the rights and responsibilities involved.

Content

Early Years Foundation Stage (EYFS):

In EYFS, PSHE is delivered through the 'Personal, Social and Emotional Development' curriculum. We link PSHE and citizenship aspects of children's work to the objectives set out in the Early Learning Goals (ELGs), particularly those focused on personal and social development. Citizenship education is supported in Reception classes when teaching aspects of knowledge and understanding of the world.

PSHE in EYFS is about making connections and is strongly linked to play. It is taught through topic-based activities and individual interactions to develop personal, social, and emotional skills. Positive experiences are built through daily opportunities to share and enjoy a range of activities. Children engage in social activities as members of small groups, Key Person Groups, whole class, or occasionally during whole-school activities. Our teaching aligns with the aim of developing personal, social, and emotional development as set out in the ELCs, which children are assessed against at the end of Reception.

KS1 and KS2:

Children engage in activities that promote an understanding of themselves as growing and changing individuals and as members of a wider community, based on their own first-hand experiences. These activities encourage pupils to understand how their choices and behaviours affect others. Pupils learn to play and work collaboratively with peers, using personal and social skills to develop and extend activities. They are also given opportunities to make choices about their health and environment and are encouraged to develop a caring attitude towards others.

Planning

Teachers use **SCARF** by Coram Life Education and the **Happy Minds** programme to support children's wellbeing and personal development, promoting positive behaviour, mental health, resilience, and achievement. Happy Minds complements this by helping children understand their emotions and build resilience through simple, brain-based strategies. These schemes help us deliver RSE and PSHE in an age-appropriate, values-led way that is easy to embed across the curriculum.

Class teachers adapt planning according to identified needs within their own class. It is agreed that teachers will use professional judgement and discretion to accommodate the needs of their pupils at any given time.

Resources

Class teachers use online resources provided alongside the SCARF planning tool and the Happy Minds interactive toolkit to provide appropriate visuals for full engagement. Teaching resources are adapted to support all pupils to succeed. Pupils' understanding can be captured in various ways, recorded in the PSHE floor book and individual Happy Minds journals. Parents and carers also have access to Happy Minds resources at home via a QR code provided to pupils.

Implementation

PSHE is delivered by the teacher, with support from the PSHE leader as necessary. Visiting professionals may provide talks or workshops. PSHE values are also introduced and explored in class-based and whole-school assemblies and collective worship sessions.

Additionally, PSHE is delivered through whole-school activities. Pupils participate in local and national initiatives such as Anti-Bullying Week, Safety Week, community cohesion projects, and fundraising activities. They may take part in assemblies, collective worship, and School Council elections, and are encouraged to express their opinions. Pupils are offered a wide range of opportunities to enhance learning and engage with PSHE concepts through other subjects, cross-curricular links, and out-of-school activities.

At Newchurch St Nicholas our teachers assess the children's progress in PSHE and citizenship by observing their participation in class and their relationships with their peers and adults. Quiz questions help pupils to recap their learning and learn how to use the correct vocabulary. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers provide on the go feedback about children's learning

Assessment and Recording

Teachers will reference any appropriate achievements for each pupil—such as their contribution to the life of the class or school—in the *Personal Comment* section of their annual report to parents and carers. Pupils' understanding of PSHE is recorded in the PSHE floor book and, where applicable, within individual Happy Minds journals.

Equal Opportunities

Within PSHE, staff set high expectations for all pupils. Every individual is guaranteed access to a full and varied programme of activities, with opportunities to participate fully and effectively. This includes boys and girls, pupils with diverse additional educational needs, and pupils from all social and cultural backgrounds. Pupils are equally respected for who they are and for the contributions they make, regardless of background.

Knowledge, skills, and understanding are taught in ways that suit pupils' current attainment levels, ensuring that all learning is appropriate so pupils can make progress and demonstrate achievement. To provide access to learning and meet diverse needs, staff will take specific actions to:

- Create effective learning environments, including support for pupils who need additional help with communication, language, and literacy.
- Provide a multi-sensory approach using a variety of media.
- Ensure equality of opportunity through teaching approaches and personalised tasks and materials.
- Set targets for learning and behaviour, including strategies to help pupils manage their own emotions.

ICT

In Computing lessons, children learn to work collaboratively and develop a sense of global citizenship through the use of the internet and email. Links are made to e-safety during Computing-based PSHE lessons. These links help pupils develop safe and responsible behaviours when using the internet and other technologies. Through discussions about safety and issues related to electronic communication, pupils form their own views about the use and misuse of ICT and gain insight into the interdependence of ICT users worldwide.

Policy Links

This policy should be read in conjunction with all other school policies, particularly those relating to:

- Equal Opportunities and Race Equality
- Assessment
- Teaching and Learning

The policy will be reviewed in 1 year to reflect the new RSE guidance.

Policy agreed by:

PSHE Subject Leader: E.Burrell Date: 27.11.2025

Headteacher: G.Callaghan Date: 27.11.2025

Policy review date: Autumn 2026