



PSHE Policy

(Personal, Social, Health Education)
Including RSE (Relationship, Sex Education)

Our school helps us to walk with Jesus to be the best that we can be. Through God's love and guidance, we create an ethos of shared endeavour, friendship and co-operation to help us flourish academically, emotionally and spiritually.

“I can do all things through Christ, who strengthens me.”
Philippians 4:13

Policy Author	Charlotte McCormack
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Equality Statement

At Baxenden St John's School, equality is a key principle for treating all people fairly and creating a society in which everyone has the opportunity to fulfil their potential - irrespective of their gender, ethnicity, disability, religion or belief, sexual orientation, age or any other recognised area of discrimination.

Statutory Requirements

Our school complies with the requirements of the Equality and the Public Sector Equality Duty in addition to complying with the 2026 statutory guidance on Relationship and Health Education for Primary Schools. Our teachers use the CORAM SCARF scheme of work to deliver high quality lessons and in addition to this the No Outsiders by Andrew Moffat suggested texts are used half termly to promote an ethos of inclusion and tolerance throughout the school.

Definitions

PSHE (Personal, Social, Health & Economic) education *is a subject through which pupils develop the knowledge, skills* and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. This includes teaching about puberty, physical health and fitness, healthy eating, mental wellbeing, drugs, alcohol and tobacco.

RSE (Relationship and sex education)

Relationship and sex education supports pupils to develop healthy, respectful relationships, understand how to keep themselves safe, and learn about physical and emotional changes as they grow. At Baxenden St John's, relationships education and health education are taught in line with statutory requirements. We also provide age- appropriate sex education in Year 6, beyond the National Curriculum for Science, including how babies are conceived and born, to support pupils' understanding and prepare them for the next stage of their education. Parents have the right to request that their child is withdrawn from the non-statutory sex education element of the RSE curriculum.

SCARF - As a school we follow the Safety, Caring, Achievement, Resilience, Friendship (SCARF) scheme of work for PSHE which has been updated to ensure that the statutory requirements for Relationship Education are fully taught and covered. (See curriculum map 2026-2027)

PSHE Intent

At Baxenden St John's, the physical and emotional wellbeing of our children is a priority and we have tailored our PSHE and Relationship programme to reflect the needs of our pupils and community. Our curriculum aims to help children understand how they are developing personally and socially which helps them to tackle social and cultural issues that are part of growing up. We aim to encourage our children to develop their self-worth by playing a positive role in contributing to school life and the wider community.

PSHE Aims

Our school mission statement reflects what we hope to achieve in PSHE. We want our children to develop self- awareness, positive self-esteem and confidence, enabling them to,

- stay as healthy as possible – physically and mentally
- keep themselves and others safe

- develop independence and responsibility
- play an active role as members of a democratic society
- make the most of their own abilities and those of others
- behave in a socially and morally acceptable way including towards authority and each other
- to become involved in the life of their community
- to know about democracy and how to be an active citizen
- to know about economic wellbeing.

The Role of Curriculum Subject Leaders

- The subject leader will develop, review and maintain the school policies related to PSHE and RSE, ensuring alignment with national guidance and statutory requirements.
- The subject leader will update the school's curriculum map in line with the statutory requirements and will ensure that Teachers and TA's are aware of the content they should be teaching.
- The PSHE lead will evaluate the quality of teaching and learning in PSHE using assessment tools to track children's progress and identify gaps. (SCARF assessment tool)

The Role of Governors

- Governors will meet/ talk with subject leader to monitor and review the subject and develop an understanding of how equality and diversity is being taught across the school.

Delivery

At Baxenden St John's PSHE, including relationships, sex and health education (RSE) is delivered through the SCARF program alongside the No-Outsiders suggested texts. The statutory elements of relationships and health education and the national curriculum for science are taught to all pupils in a safe, inclusive environment using accurate, age-appropriate terminology. Parents have the right to request withdrawal from the non- statutory sex education elements but not from the relationship or health education or statutory science.

Curriculum content

KS1(Reception, Years 1&2)

Relationship education focuses on developing kindness and respect in friendships and families. It teaches children to recognise emotions. Health education covers basic hygiene, understanding feelings, simple strategies for well-being and knowing when and how to seek help.

Lower key stage two (Years 3&4)

Pupils build on prior learning through relationships and health education. They learn about healthy friendships, respectful relationships, inclusion, recognising and responding to bullying and online safety. Health education focuses on healthy lifestyles, including physical activity, nutrition, hygiene, oral health, emotional well-being, mental health and keeping themselves safe online and offline. Pupils will also learn about some of the early physical and emotional changes they may experience as they begin to grow.

Upper key stage two (Years 5&6)

Pupils continue to build knowledge and skills for positive, healthy and respectful relationships as they prepare for the transition to secondary school. Relationship education reinforces respect, equality and inclusion. It teaches children about personal boundaries, privacy and consent in an age- appropriate context. Health education develops understanding of physical and mental well-being, including healthy lifestyles, emotional well-being, mental health, online safety and the importance of making informed choices for lifelong health. Pupils learn about puberty, including the physical and emotional changes that come with growing up. As part of the schools' non statutory sex education, pupils also learn in an age appropriate and sensitive way, about human reproduction, including how babies are conceived and born.

The 'Time for Change' and 'Making Babies' workshops will be delivered by a member of the SCARF team, and the class teacher/TA will also be present. A letter will be sent to Year 5 and 6 parents providing them with information of the puberty/making babies lesson content in order to prepare parents for any questions that might be asked after the lesson. Teaching resources and objectives that will be used in these lessons will be available for parents to look through during the optional parents' meeting held prior to the workshops. All content is delivered in accordance with statutory relationships and health education guidance and using the SCARF scheme of work.

Teaching of PSHE/RSE

A range of teaching strategies will be used as appropriate. These will include:

Circle time, role-play, discussion – whole class, small group, 1:1, visitors e.g. PC , Fire Brigade, School Health Advisor etc., stories e.g. exploring behaviour of characters, creative activities, and pupil initiated activities. All resources provided by the SCARF scheme of work are flexible and can be tailored to a meet the pupils' precise needs.

The teaching of PSHE is timetabled to a minimum of 30 minutes a week for whole class teaching. PSHE is not limited to the weekly lesson and is instead embedded throughout the wider life of the school. Our ethos, relationships, routines and interactions all provide regular opportunities for children to

develop their understanding of themselves and others, build positive and respectful relationships and allows children to learn how to make safe and sensible choices.

Assessment

Children's understanding, knowledge and skills are assessed through observation, discussion and questioning and participation in groups. Assessment is ongoing throughout the year with pupil's knowledge, skills and understanding recorded where appropriate. The PSHE coordinator will monitor assessments to ensure continuity and progression.

Recognition

Children will be rewarded in line with school policy e.g. house points, dojo's, stickers, achievement & citizenship certificates in the weekly Celebration Assembly and half-termly citizenship certificates linked with our school 'Live the Faith' value.

Monitoring and Evaluation

The PSHE lead monitors the quality and effectiveness of PSHE/RSE and health education across the school at appropriate points during the year. This is done through lesson observations, reviewing pupil's work in books and also by speaking with pupils. The PSHE lead provides updates and leads staff meetings to support understanding of current statutory guidance.

This policy may need to be read in conjunction with other school policies, which can be found on the school website:

- Science
- Sex and Relationship Policy
- Collective Worship (including citizenship)
- Behaviour
- Anti-bullying
- Mental Health & Well being
- Online Safety
- Safeguarding