



Nether Stowey CE VC Primary School

PSHE Education Policy including RSHE 2026

Approved on behalf on the Governing Body:

(Chair of Governors)

Approved on behalf on the School:

(Head Teacher)

Our vision



Nether Stowey Church of England Primary School

inspires a love of learning in all of us with

Christian values at our heart.

**Our school community is a safe, caring friendly place where
everyone is welcome.**

**We give all children and staff the opportunity and encouragement
to aim high and develop their strengths and interests.**

**We strive to understand, respect and value each other, our school,
our community and the world we live in.**

Nether Stowey Church of England Primary School values are:

Thankfulness, Fellowship, Endurance, Peace, Trust & Charity

Introduction and School Ethos

At Nether Stowey CE VC Primary School, we recognise that Personal, Social, Health and Economic (PSHE) Education, including Relationships, Sex and Health Education (RSHE), is fundamental to the individual development and potential of every child. Our school vision encompasses the teaching and development of the whole child, nurturing pupils academically, socially, emotionally, spiritually and morally.

PSHE education is a planned programme of learning through which pupils acquire the knowledge, understanding and skills they need to manage their lives now and in the future. It helps children to stay healthy and safe, develop positive and respectful relationships, and prepare for life and work in modern Britain. Through PSHE and RSHE, we actively promote pupils' spiritual, moral, social and cultural (SMSC) development alongside British Values, within the context of our Christian ethos, where love, respect, compassion and responsibility underpin all aspects of school life.

High-quality PSHE education has a positive impact on pupils' wellbeing, behaviour and achievement, particularly for the most vulnerable and disadvantaged. At Nether Stowey CE VC Primary School, PSHE including RSHE plays a vital role in safeguarding and in preparing children to become confident, caring and active members of their communities.

Aims of PSHE Education including RSHE:

- Recognise their own worth and develop self-confidence and self-esteem
- Work well with others and form positive, healthy and respectful relationships
- Develop resilience and a positive growth mindset
- Understand emotions and manage feelings appropriately
- Respect diversity, differences and our shared humanity
- Understand what constitutes a healthy lifestyle, both physically and mentally
- Develop awareness of online and offline safety, including understanding risk and how to seek help

- Learn about their rights and responsibilities and become positive, active members of a democratic society
- Make informed choices in personal, social and health-related situations
- Understand the role of family, friendships and wider relationships in their own development
- Be prepared for the physical and emotional changes associated with growing up, including puberty

Statutory Context and Legal Framework

This policy is informed by, and complies with, current legislation and statutory guidance, including:

- Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- SEND Code of Practice: 0–25 years
- **Keeping Children Safe in Education (2025)**
- DfE *Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance* (2019, updated 2025)

Relationships Education and Health Education are statutory for all primary school pupils. Sex education beyond the statutory requirements of the National Curriculum for Science is not compulsory in primary schools; however, the Department for Education recommends that schools include age-appropriate sex education to support pupils' transition to secondary school.

What PSHE Education including RSHE is

PSHE education, including statutory Relationships and Health Education and non-statutory sex education, provides a framework through which children develop the skills, attributes and knowledge needed to lead healthy, safe and fulfilled lives. It supports pupils to develop resilience, positive mental wellbeing, respectful relationships, and the confidence to seek help and make informed decisions.

RSHE is an integral part of PSHE education and is not about the promotion of sexual activity. It involves learning about relationships, physical and emotional health, human development, and personal identity in ways that are age-appropriate, factual and sensitive. Teaching is carefully sequenced and builds on children's prior learning within a spiral curriculum.

Curriculum Organisation and Delivery

Who Delivers PSHE and RSHE

At Nether Stowey CE VC Primary School, PSHE including RSHE is delivered primarily by class teachers, and sometimes Higher Level Teaching Assistants (HLTA). Teaching is supported by the PSHE subject lead and the Senior Leadership Team. Where appropriate, external agencies such as the school nurse, health visitors, emergency services or SCARF workshops may be invited to enhance learning. All visitors are vetted, and lesson content is reviewed in advance to ensure it is age-appropriate, inclusive and aligned with the school's ethos and safeguarding procedures.

Curriculum Programme

We use the SCARF (Safety, Caring, Achievement, Resilience and Friendship) programme as the core scheme of work for PSHE education. SCARF fully covers statutory Relationships Education and Health Education requirements, as well as the wider PSHE Association Programme of Study.

The programme is organised into six half-termly units:

1. **Me and My Relationships** – feelings, emotions, conflict resolution and friendships
2. **Valuing Difference** – respect, equality, inclusion and British Values
3. **Keeping Myself Safe** – personal safety, online safety and health
4. **Rights and Responsibilities** – money, the environment and the wider world
5. **Being My Best** – physical and mental health, resilience and goal-setting
6. **Growing and Changing** – human development, puberty and being safe

Early Years Foundation Stage (EYFS)

In the EYFS, PSHE education is embedded within daily practice and is closely linked to play-based learning. Activities support children's personal, social and emotional development, helping them to build relationships, develop independence and understand their own feelings and those of others.

Key Stages 1 and 2

In KS1 and KS2, PSHE including RSHE is taught through discrete lessons, assemblies, collective worship, circle time, visitors and cross-curricular opportunities. Teaching builds progressively and is tailored to pupils' age, maturity and prior understanding.

Inclusive Practice

PSHE and RSHE education at Nether Stowey CE VC Primary School is accessible to all pupils. Teaching is inclusive, respectful and sensitive to pupils' differing needs and backgrounds, including those with Special Educational Needs and Disabilities (SEND). We comply with the Equality Act 2010 and ensure that teaching reflects and promotes equality and respect, including for protected characteristics such as sexual orientation and gender reassignment. Content relating to LGBTQ+ relationships is fully integrated and taught in an age-appropriate manner.

We recognise and respect the diversity of family structures and home circumstances and ensure that no child is stigmatised. Teaching is adapted as necessary to support pupils with additional needs, including those who may be more vulnerable to exploitation, bullying or harm.

Safeguarding and Confidentiality

Safeguarding is at the heart of PSHE and RSHE. As part of a broad and balanced curriculum, pupils are taught how to keep themselves safe, including online, and how to recognise and report concerns.

A safe learning environment is established through clear ground rules and the use of sensitive teaching approaches. While confidentiality is respected, pupils are made aware that if a disclosure indicates that they or another child may be at risk of harm, staff are required to follow safeguarding procedures.

Any concerns are reported to the Designated Safeguarding Leads (Terry Luke, Jordan Meaker and **Lesley Bowditch**) in line with the school's Safeguarding and Child Protection Policy.

Working with Parents and the Right to Withdraw

We recognise parents and carers as the first educators of their children and value working in partnership with families. Parents are informed about the PSHE and RSHE curriculum and are given opportunities to view resources and discuss content with staff.

Parents do not have the right to withdraw their child from statutory Relationships Education, Health Education or National Curriculum Science. Parents may request

that their child be withdrawn from non-statutory sex education. Any such request will be discussed with the head teacher, and a written record will be kept.

Monitoring, Assessment and Review

PSHE and RSHE are monitored annually by the PSHE subject lead, Senior Leadership Team and Governing Body. Monitoring considers curriculum quality, teaching effectiveness, inclusion, safeguarding and pupil outcomes.

Assessment within PSHE is formative and supports pupil reflection and progression. Evidence may include written work, discussions, observations, photographs and pupil voice activities.

This policy will be reviewed in September 2027, or sooner if required due to changes in statutory guidance.

Related Policies

This policy should be read in conjunction with:

- Safeguarding and Child Protection Policy
- Online Safety Policy
- Behaviour Policy
- Equality, Diversity and Inclusion Policy
- SEND Policy
- Religious Education Policy