



*"We believe, we achieve, we succeed in God's family"*

With God, all things are possible. Matthew 19:26

THANKFULNESS • COMMUNITY • COMPASSION • TRUTHFULNESS • COURAGE • FORGIVENESS

# St Mary's C of E Primary School

## PSHE & RSE Policy

Staff consulted: 07.07.2025

Ratified by the Governing Body: September 2025

Review Date: *Annual review*



## **Vision and Ethos**

At **St Mary's C of E Primary School**, our PSHE (Personal, Social, Health and Economic) and Relationships and Sex Education (RSE) provision is rooted in our Christian distinctiveness and core values:

**Thankfulness – Community – Compassion – Truthfulness – Courage – Forgiveness**

We believe that PSHE and RSE are vital in helping every child flourish and live life in all its fullness (John 10:10). Through this curriculum, pupils learn to value themselves and others, build positive relationships, and make wise, respectful decisions.

## **Aims**

We aim to equip pupils with the knowledge, understanding and skills they need to:

- Develop spiritually, morally, socially and emotionally.
- Foster positive and respectful relationships.
- Embrace diversity and celebrate difference.
- Stay safe, healthy, and aware of their mental wellbeing.
- Understand and apply British Values in daily life.
- Reflect our Christian values through their actions and words.

## **Statutory Framework**

Our PSHE and RSE provision meets all legal and Church of England guidance:

- Relationships Education, RSE and Health Education (DfE, 2019)
- Education Act 2002 and Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (2024)
- Church of England guidance including *Valuing All God's Children (2019)* and *RSE in Church of England Schools*

## **Curriculum Structure for Mixed-Age Classes**

We follow the Kapow Primary PSHE Scheme, using their mixed-age model to support our school's class structure. The curriculum is taught over a two-year rolling cycle, ensuring full coverage of the statutory content across:

- EYFS
- Years 1/2
- Years 3/4
- Years 5/6

**The curriculum is organised into five key strands:**

1. **Families and Relationships**
2. **Health and Wellbeing**
3. **Safety and the Changing Body**
4. **Citizenship**
5. **Economic Wellbeing**

A dedicated Transition strand supports Year 6 pupils preparing for secondary school.

Lessons are progressive and age-appropriate, with adaptations to meet the needs of mixed-age classes while ensuring all pupils receive the required learning. Alongside the planned programme of PSHE, individual class teachers make time to deal with individual, group, whole class or whole school issues that may arise within the class or school community, and will always make time to deal with individual pupil concerns. We organise classes in such a way that pupils are able, through discussion, to set agreed classroom rules for behaviour, and to resolve any conflicts.

## Christian Values and British Values

PSHE and RSE provide opportunities for children to explore both Christian values and British Values through lived experiences.

We promote:

- **Thankfulness** – Recognising and appreciating our health, relationships, and blessings
- **Community** – Understanding our role in local and global communities
- **Compassion** – Developing empathy and kindness
- **Truthfulness** – Encouraging honesty in relationships and self-awareness
- **Courage** – Tackling challenges such as peer pressure and change
- **Forgiveness** – Learning to resolve conflict and show grace to others

We also actively embed the **British Values** of:

- **Democracy**
- **The Rule of Law**
- **Individual Liberty**
- **Mutual Respect**
- **Tolerance of different faiths and beliefs**

## Relationships and Sex Education (RSE)

Our RSE provision is age-appropriate, inclusive and reflective of our Christian ethos. Pupils are taught to:

- Understand friendship, family and relationships in different contexts
- Develop respect and dignity for themselves and others
- Know about changes to the body during puberty (Years 4–6)
- Understand privacy, boundaries and consent
- Identify trusted adults and sources of help

We do not teach sex education beyond the National Curriculum for science.

## Inclusion and Equality

All children are entitled to access the full PSHE and RSE curriculum. We ensure that:

- Lessons are inclusive of pupils with SEND
- Different family structures, identities and cultures are represented
- Teaching reflects our Christian ethos and respects the dignity of all people
- We challenge stereotypes and celebrate diversity

## Teaching and Learning Approaches

PSHE and RSE are delivered by class teachers using Kapow's high-quality resources. Lessons include:

- Group discussion and paired talk
- Scenario-based learning
- Storytelling and media clips
- Personal reflection
- Differentiation for all learners

Teachers create a safe, respectful environment where children are encouraged to express opinions and ask questions.

## Mindfulness Mentor

At St Mary's C of E Primary School, we recognise the importance of supporting children's mental health and emotional wellbeing as part of their personal development. As part of our PSHE provision, we incorporate mindfulness to help children develop emotional resilience, self-awareness and a calm, focused mindset. Mindfulness involves paying attention to the present moment—internally and externally—with curiosity and kindness. It supports emotional regulation, reduces stress and anxiety, enhances concentration, and fosters a greater appreciation of the natural world. Through mindfulness, children learn to recognise their thoughts and feelings before they influence behaviour, helping them to make more thoughtful and constructive choices. At St Mary's, mindfulness is used informally throughout the

day and week to help pupils become calm, present and ready to learn. It also complements our work on Growth Mindsets, supporting children to approach challenges positively. In addition, a dedicated Mindfulness Mentor works with individual pupils and small groups across the school throughout the academic year, further embedding a culture of emotional awareness and wellbeing.

## Assessment

We use **Kapow's assessment framework** alongside informal methods to track progress:

- Pupil self-assessments
- Teacher observations
- End-of-unit tasks or discussions
- Class floor books

Assessment informs planning and helps identify pupils who may need additional support.

## Safeguarding and Confidentiality

PSHE and RSE cover sensitive issues and may prompt disclosures. All staff:

- Follow the school's Safeguarding and Child Protection Policy
- Know how to report concerns to the Designated Safeguarding Lead (DSL)
- Handle pupil questions with care and honesty
- Maintain professional boundaries and never promise confidentiality

## Parental Involvement and Right to Withdraw

We believe in partnership with parents and carers and are transparent about our PSHE and RSE provision.

Parents:

- Receive curriculum overviews and communication about sensitive topics
- May request to view resources used in lessons
- Have the right to withdraw their child from **non-statutory sex education only**  
(There is no right to withdraw from statutory Relationships or Health Education)

Requests must be made in writing to the Headteacher.

## Roles and Responsibilities

- **Governing Body:** Reviews and approves the policy, ensures compliance
- **Headteacher:** Ensures the policy is implemented and monitored
- **PSHE/RSE Lead:** Oversees curriculum planning, staff support and monitoring
- **Class Teachers:** Deliver lessons, monitor pupil progress and create a safe learning environment

## Monitoring and Review

This policy is reviewed annually by the PSHE/RSE Lead and Headteacher, in consultation with governors, staff and parents. It will also be updated in line with any changes to statutory guidance or Church of England policy.

## What is PSHE and RSE?

**PSHE (Personal, Social, Health and Economic Education)** helps children learn how to manage their feelings, build healthy relationships, keep themselves safe, and understand the world around them.

**RSE (Relationships and Sex Education)** is part of PSHE. It teaches children about friendships, families, growing and changing, and how to stay safe and respectful in relationships.

At St Mary's, our PSHE and RSE teaching reflects our **Christian values** of:

*Thankfulness • Community • Compassion • Truthfulness • Courage • Forgiveness*

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## What scheme do we use?

We use the **Kapow Primary PSHE scheme**, which is specially designed for primary schools, including those with **mixed-age classes** like ours. It meets all **statutory government guidance** for Relationships and Health Education and supports our Christian ethos.

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## What topics are covered?

Your child will learn about:

- Friendships and families
- Respecting others and celebrating differences
- Staying safe online and offline
- Mental and physical wellbeing
- Growing and changing (including puberty in Years 4–6)
- Money, rights and responsibilities

We also teach about **British Values** such as democracy, liberty, and mutual respect.

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## How do we ensure lessons are appropriate?

- Lessons are taught in a **safe and respectful way**, using age-appropriate language.
  - Teaching is always **inclusive and sensitive**, reflecting our Christian values.
  - **Parents are informed** before any lessons about body changes or puberty.
  - Children are encouraged to ask questions and to speak to trusted adults if they have concerns.
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## Can I withdraw my child from RSE lessons?

- You **cannot withdraw** your child from **Relationships or Health Education**, as this is compulsory.
  - You **can request to withdraw** your child from **any non-statutory sex education** (we do not teach this beyond the science curriculum).
  - Please contact the Headteacher to discuss any concerns.
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## Want to know more?

- ✉ Contact the school office to view our full PSHE and RSE policy.
- 🖥 Visit our school website for curriculum overviews.
- ☎ Speak to your child's teacher or our PSHE/RSE Lead if you have any questions.