



NEWBOLD SCHOOL PSHE Policy

Reviewed October 2025 by Mrs J Crissey (Headteacher) and Mrs V Stanborough (PSHE Manager)

*Ratified **February 2026** by Newbold School Board of Governors*

*Next Review **September 2026***

Our personal, social and health education (PSHE) programme promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

Personal, Social, Health, Economic and Citizenship is at the centre of everything we do at Newbold School. We study these subjects in the classroom as part of the curriculum programme; through everyday school life; in class and whole school assemblies; through cross-curricular opportunities and in ways we care for and nurture one another in the wider school community.

Most of our PSHE areas run alongside our Christian teachings, our Respect Times Five code of behaviour and are often inseparable - e.g., love and respect for our fellow man and the world around us. These are key to the way in which we perceive and treat others and what expectations we set for our own standards of behaviour.

We believe that a broad and balanced PSHE curriculum is the entitlement of all children, regardless of ethnic origin, gender, class, aptitude or disability.

These are the areas that we concentrate on to ensure a happy and full life. We believe children should:

- Enjoy and achieve academically, socially and artistically
- Be healthy
- Stay safe
- Have positive and happy relationships

- Enjoy emotional health
- Make a positive contribution to school, community and wider world life by word and deed

The school includes the learning of important values, such as fairness, justice, equality, rights, self-awareness, managing feelings, motivation, empathy, social skills, responsibilities, cooperation, respect, trustworthiness, democracy and negotiation.

We particularly want to develop:

- Self-esteem
- Self-awareness
- Positive attitudes
- An understanding of relationships and social skills
- A positive school ethos
- Preparation for adult life
- Opportunities for learning and achievement

We aim to provide a positive experience for all children in all aspects of school life as much as is within our power to do so.

We learn about:

- Making healthy friendships
- Rules we need to keep us safe, happy and healthy
- Ways in which other people may be different to us, although not more or less valuable than us
- How we can feel good about ourselves, understanding the way our bodies change and grow
- Healthy relationships
- Drugs that are safe and others that are dangerous
- How we can stay safe when using the internet

- Taking care of other people when we can and when it is appropriate to do so
- How to become a good adult, contributing to our community in a positive way

We learn through:

- Participating in discussion and sharing ideas
- Personal and shared research
- Occasional circle time (at teachers' discretion)
- Working in groups
- Roleplay
- Reading stories
- Inviting visitors to talk to us about their lives and experiences
- Playing games together
- Watching films
- Using computer information and games
- Facing different life experiences presented to us through each school day

Special Educational Needs and Disabilities (SEND)

Constant feedback and discussions between the PSHE subject leader and the class teacher ensures that any SEND children always have full access to the PSHE curriculum through adapted lessons or targeted support.

What is Relationships and Sex Education (RSE)?

Relationships and Sex Education is the lifelong learning about physical, moral, social and emotional development. It is about the forming of positive relationships that are based on respect, care and empathy.

The main elements of Relationship and Sex Education:

- Attitudes and values
- Personal and social skills
- Knowledge and understanding (RSE Guidelines, DfE 2000)

- In order for children and young people to have meaningful relationships, RSE must be taught effectively and focus on mutual respect
- Children are taught how to make responsible and well-informed decisions about their lives, based on self-respect
- Through effective PSHE teaching, children acquire the essential skills they need to keep themselves and others safe

Differentiation between Relationships Education and Sex Education

Relationships Education is delivered to all pupils and covers topics such as friendships, emotional wellbeing, respect, consent and keeping safe. It does **not include detailed teaching about sexual activity**.

Sex Education is taught separately within RSE, covering appropriate age-specific content on human reproduction, sexual health and intimate relationships. Parents are provided with clear information about which topics are taught as part of Sex Education.

Parental Rights

Parents have the right to request that their child be withdrawn from specific Sex Education lessons (not Relationships Education). Parents should contact the Headteacher in writing to discuss any withdrawal request.

External Providers and Responsibilities

PSHE and RSE lessons are primarily taught by Newbold School staff. Any external providers are carefully selected, briefed and supervised to ensure that all content aligns with statutory guidance and the Adventist perspective.

Parental Engagement and Viewing Curriculum Materials

This policy has been developed with the inclusion of parents' views to ensure that our approach reflects the perspectives and expectations of the school community. Parents are informed by email of forthcoming PSHE topics and are invited to attend an in-school session to review lesson slides with a teacher present. Slides are not shared electronically.

Handling Sensitive Questions

Sometimes a child will ask an explicit or difficult question in the classroom. Questions do not have to be answered directly and can be addressed individually later. It is important to note that the other children who have attended these lessons will have knowledge that children who have been withdrawn do not have. Consequently, if a child is withdrawn from sex education, parents will be advised to share the information with their child at home so that they are not left vulnerable due to a lack of knowledge.

Accessibility

Materials and vocabulary may be adapted for mixed-age classes or for pupils with SEND, to ensure lessons are fully accessible. However, the core themes, learning objectives and statutory requirements of each lesson are always retained. If a child remains confused about aspects of sex education, relationships or any aspect of RSHE, the parents will be informed and kept up to date with any additional lessons/teaching required in school. Parents will be invited to give advice accordingly.

Assessment and Monitoring

The PSHE subject leader monitors and evaluates the delivery and provision of PSHE at Newbold School through a variety of different methods - for example, book looks, teacher/pupil conferencing and feedback.

Policy Approval and Review

This policy was reviewed in September 2025, ratified by the Newbold School Board of Governors in November 2025, and will be reviewed again in September 2026.