PSHE (RSHE) Policy – St Michael's School

Approved by:	Sarah Luff	Signed:
Last reviewed:	18/05/2026	
Reviewed by:	Sarah Luff	
Next review due by:	September 2027	

Including statutory Relationships and Health Education and the school's position on Sex Education

Context

All schools must provide a curriculum that is broad, balanced and meets the needs of all pupils. Under the Education Act 2002 and Academies Act 2010, a PSHE curriculum should:

- Promote the spiritual, moral, cultural, mental and physical development of pupils and society
- Prepare pupils for the opportunities, responsibilities and experiences of later life

This policy reflects both the current statutory guidance (DfE 2019) and the **revised Relationships, Sex and Health Education (RSHE) statutory guidance (DfE 2025), which becomes compulsory from 1 September 2026**.

Our Approach to PSHE

At St Michael's School, PSHE is delivered as a whole-school approach to support children's personal development and learning capacity.

We use **Jigsaw, the mindful approach to PSHE**, which is a comprehensive and progressive scheme of learning.

Jigsaw provides a **spiral curriculum**, where learning is revisited and developed each year in an age-appropriate way. It supports children to:

- Build emotional literacy, resilience and self-awareness
- Develop positive relationships
- Make safe, informed choices

Lessons are taught in a **safe, supportive environment**, where children are encouraged to express their views and develop confidence.

PSHE is taught weekly and reinforced through:

- Collective worship and assemblies
- Behaviour systems and school ethos
- Relationships across the school community

Each Jigsaw lesson provides opportunities for children to:

- Connect with others
- Reflect on their learning
- Develop social and emotional skills
- Build confidence and self-esteem

Working in Partnership with Parents and Carers

At St Michael's School, we recognise that parents and carers are the primary educators of their children. We are committed to working in partnership with families to provide a consistent and supportive approach to PSHE (RSHE).

We ensure that:

- Parents are informed about PSHE content in advance
- Opportunities are provided to view teaching materials where appropriate
- Parents are notified prior to the teaching of the **"Changing Me" unit**
- Parents' views are valued and considered during policy review

We aim to maintain an open and transparent dialogue so that children receive consistent messages at home and at school.

Statutory Relationships and Health Education

As part of the statutory curriculum, all primary schools must teach:

- **Relationships Education**
- **Health Education**

These subjects help children to:

- Build safe, respectful relationships
- Understand physical and mental wellbeing
- Navigate an increasingly complex world safely

We deliver this through our Jigsaw programme, ensuring:

- Age-appropriate progression
- Clear, structured learning sequences
- Full coverage of statutory requirements

Curriculum Overview (Jigsaw)

Term	Unit	Content
Autumn 1	Being Me in My World	Identity, belonging, community
Autumn 2	Celebrating Difference	Anti-bullying, equality, diversity
Spring 1	Dreams and Goals	Aspirations, resilience
Spring 2	Healthy Me	Physical and mental health
Summer 1	Relationships	Friendships, family, communication
Summer 2	Changing Me	Puberty, change, relationships

Learning deepens each year through a spiral curriculum.

Relationships Education

Pupils are taught about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Teaching reflects the diversity of families and relationships in modern Britain. We teach children to respect and value differences so that all pupils feel included and respected.

Health Education

Pupils learn about:

- Mental wellbeing (including grief, loss and loneliness)
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Basic first aid
- Puberty and body changes
- Internet safety and harms

Teaching includes emerging online risks such as:

- Scams and financial exploitation

- Gaming and addictive behaviours
- Privacy, consent and personal data
- Harmful online content, including AI-generated material

Pupils are also taught how to recognise and manage risks in everyday life, including:

- Road safety
- Water safety
- Public and travel safety

We use correct and age-appropriate terminology to support understanding and safeguarding.

Sex Education

We understand that some aspects of PSHE, particularly those relating to puberty and human reproduction, may feel sensitive. These topics are always taught in an age-appropriate and respectful way.

- Puberty is taught as part of **statutory Health Education**
- Human reproduction is taught through:
  - PSHE (Changing Me Unit)
  - Science curriculum (Upper Key Stage 2)

Parents have the right to request that their child be withdrawn from the **non-statutory sex education elements (human reproduction)** taught within PSHE.

If parents wish to do this, we encourage them to contact the school to discuss the content and view resources.

It is important to note:

- Puberty (Health Education) **cannot be withdrawn from**
- Science curriculum content **cannot be withdrawn from**

Safeguarding

PSHE (RSHE) plays a vital role in safeguarding.

Through this curriculum, pupils learn to:

- Recognise risks
- Stay safe in both online and offline contexts
- Understand consent and boundaries
- Seek help when needed

This includes awareness of:

- Online harms, including misinformation and digital risks
- Exploitation and abuse
- Safe use of technology

Equality and Inclusion

We are committed to promoting respect for all individuals.

In line with the Equality Act 2010:

- All pupils are valued equally
- Protected characteristics are respected
- Teaching reflects diverse families and communities

In line with Church of England guidance:

- Every individual is valued as unique
- Bullying, including homophobic, biphobic and transphobic bullying, is not tolerated

Impact of PSHE (RSHE)

Through our PSHE curriculum, pupils will:

- Develop confidence, resilience and independence
- Demonstrate respectful relationships and behaviour
- Understand how to stay physically and mentally healthy
- Be able to recognise risks and keep themselves safe
- Be prepared for the next stage of their education and life

Monitoring and Review

The headteacher reviews this policy annually.

- Governors review content to ensure alignment with the school's ethos
- Parent feedback is welcomed and recorded
- The policy is updated in line with statutory guidance

Supporting Documents

- Jigsaw 3–11 Mapping Document
- Including and Valuing All Children (LGBTQ guidance)
- Jigsaw and Church of England RSHE alignment