



PSHE & RSHE Policy

Approved: June 2026

Approved by: Local Advisory Board

Next Review: March 2027

1. Policy Intent

At Rose Hill Primary School, we are committed to providing all pupils with a broad, coherent and carefully sequenced programme of Personal, Social, Health and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE). Our aim is to equip children with the knowledge, skills and confidence to lead healthy, safe and fulfilling lives, now and in the future.

This policy reflects the updated Department for Education statutory guidance (2025), coming into force from September 2026, which strengthens expectations around safeguarding, healthy relationships, digital literacy, online safety, equality, and mental wellbeing.

Our whole-school PSHE and RSHE curriculum integrates two high-quality schemes:

- **Jigsaw PSHE** – providing structured, progressive PSHE and RSHE lessons across all year groups.
- **Pol-Ed** – a police-developed programme providing accurate, expert-endorsed lessons on law, safety, relationships and citizenship.

Together, these approaches ensure our curriculum is preventative, safeguarding-centred and responsive to the needs of our pupils and local community.

2. Statutory Requirements

2.1 Relationships Education (Primary)

This is compulsory for all primary pupils and we follow all DfE expectations regarding:

- families and people who care for us
- caring and respectful relationships
- online relationships and digital safety
- being safe, including recognising risks and seeking help

2.2 Health Education (Primary)

This includes mandatory content on:

- physical health and fitness
- healthy eating
- mental wellbeing
- internet safety
- drugs, alcohol and tobacco
- basic first aid
- the changing adolescent body (puberty)

Puberty teaching is statutory, and children cannot be withdrawn from this learning.

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2.3 Sex Education (Non-Statutory in Primary)

Non-statutory elements we choose to include (e.g., **conception, reproduction, birth**) are delivered age-appropriately through Year 5 and Year 6 Jigsaw units. These prepare pupils for secondary RSE and ensure a safe, factual grounding before adolescence.

Parents may request withdrawal from these non-statutory sessions.

These include:

- Year 5 Lesson 4 (Conception)
- Year 6 Lesson 4 (Conception & Birth)

3. Curriculum Implementation

3.1 Primary Scheme: Pol-Ed (Main PSHE Programme)

Pol-Ed is our core PSHE curriculum because it:

- Is developed by subject-matter education experts and policing specialists, ensuring accuracy in areas related to safety, crime, law, online risks and exploitation.
- Builds children's awareness of risks, citizenship and personal safety, including issues such as online harm, exploitation, grooming, anti-social behaviour and wellbeing.
- Provides high-quality, pre-planned lessons aligned to the PSHE Association Programme of Study and DfE statutory guidance.
- Has demonstrated improvements in pupil understanding and teacher confidence when teaching sensitive topics.

Pol-Ed Curriculum Areas

Pol-Ed covers four thematic strands:

- Relationships: consent, grooming, bullying, respect, healthy relationships.
- Keeping Safe: online safety, emergency services, anti-social behaviour, exploitation, addiction.
- Understanding the Law: responsible citizenship, hate crime, police processes (e.g., stop & search), public order.
- Wellbeing: mental health, self-care, understanding bodily changes, emotional regulation.

Pol-Ed is delivered weekly and forms the backbone of our PSHE provision.

3.2 Supplementary Scheme: Jigsaw PSHE (Focused RSHE + Puberty + Sex Education)

Jigsaw complements Pol-Ed by providing:

- A structured and spiral "Changing Me" unit that covers puberty, human reproduction, conception, birth, and emotional literacy in a sensitive, age-appropriate manner.

- Detailed lesson plans for statutory puberty content and the non-statutory elements of Sex Education (Y5–6).
- Whole-school progression in emotional wellbeing, body autonomy and understanding change.

Jigsaw's Role in RSHE

- Puberty (statutory) – taught through Jigsaw's accurate, body-positive and safeguarding-aligned lessons.
- Human Reproduction and Conception (non-statutory) – delivered in Y5 & Y6 with clear communication to parents.
- Emotional Literacy – supports Pol-Ed's safeguarding content by developing self-esteem, communication and resilience.

Jigsaw therefore acts as the RSHE-specific specialist module, integrated at key points within our main Pol-Ed curriculum.

4. Teaching and Learning Approach

Our approach is:

4.1 Age-Appropriate and Developmentally Responsive

The updated 2025 RSHE guidance removes rigid age thresholds and places responsibility on schools to sequence content according to developmental readiness, local safeguarding concerns and prior learning.

We ensure content is introduced sensitively and only when pupils can meaningfully understand it.

4.2 Vocabulary and Safeguarding-Centred

Correct terminology for body parts is used appropriately and consistently to support safeguarding and empower children to report concerns. This aligns with national guidance and best practice.

4.3 Inclusive

Teaching considers:

- diverse family structures
- SEND needs
- protected characteristics
- pupils' varied emotional and developmental readiness

Pol-Ed also embeds diversity, equality and inclusion across scenarios and learning materials.

4.4 Transparent and Open

Curriculum planning and teaching resources (including Jigsaw and Pol-Ed materials) are made available for parents to review, in line with strengthened requirements for parental engagement in RSHE.

4.5 Safe Learning Environment

Teachers receive support and training to manage sensitive questions, maintain boundaries, and foster an emotionally safe, respectful classroom environment.

5. Safeguarding Alignment

PSHE and RSHE are crucial elements of our safeguarding strategy.

Both Jigsaw and Pol-Ed lessons explicitly help pupils to:

- recognise unsafe situations
- understand personal boundaries
- know how to report concerns
- identify trusted adults
- understand the risks of online abuse, exploitation and harmful influences, including AI deepfakes, toxic influencers and online subcultures (a new 2025 requirement)
- develop resilience, assertiveness and critical thinking

Pol-Ed lessons further strengthen understanding of crime prevention, exploitation, grooming, gangs, online safety and law-related risks.

6. Parental Engagement

Rose Hill Primary School is committed to working in partnership with parents. We:

- publish curriculum information on the school website
- offer opportunities to review lesson materials
- welcome meetings with parents who have questions or concerns
- clearly explain withdrawal rights for non-statutory sex education

Parents cannot withdraw children from statutory Relationships or Health Education, including puberty lessons.

7. Assessment and Monitoring

We assess learning through:

- teacher assessment within Pol-Ed and Jigsaw
- discussions, reflection tasks and scenario-based activities
- behaviour and safeguarding pattern monitoring
- annual review of curriculum effectiveness

Senior leaders, including the PSHE/RSHE Lead, DSL and Behaviour Lead, review provision annually to ensure alignment with evolving national guidance.

8. Roles and Responsibilities

Principal

- Ensures policy compliance
- Oversees curriculum implementation
- Ensures staff are trained and supported

PSHE/RSHE Lead

- Coordinates Jigsaw and Pol-Ed integration
- Leads monitoring and evaluation
- Provides staff training
- Maintains resource quality and compliance

Teachers

- Deliver high-quality lessons
- Maintain safe learning environments
- Follow safeguarding procedures

Governing Body

- Oversees statutory compliance
- Participates in policy reviews

9. Policy Review

This policy will be reviewed annually—or earlier if required by updates in statutory guidance, safeguarding needs, or curriculum changes.