



PSHE (Personal, Social, Health Education) Procedure including RSE (Relationships, Sex and Health Education) 2025

Procedure Review

This procedure will be reviewed in full by the Full Governing Board every 3 years.

The procedure was last reviewed and agreed on July 2025

It is due for review in Summer 2028.

1. Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under Section 78 of the Education Act 2002 and the Academies Act 2010, our PSHE and RSE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and in society.
- Prepares pupils for the opportunities, responsibilities and experiences of later life.

From September 2020, Relationships Education and Health Education became statutory in primary schools. This policy outlines how we meet these requirements, including our approach to Sex Education, and clarifies which elements parents may request to withdraw their child from.

2. Our Vision for PSHE and RSE

At Windhill21 School, Personal, Social, Health and Economic (PSHE) education supports the development of the whole child. It helps pupils develop knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in modern Britain. PSHE supports our wider aims of safeguarding, equality, wellbeing, and promoting British values.

We deliver PSHE and RSE through:

- Discrete weekly lessons
- Integration across other subjects (e.g. science, reading)
- Responsive discussions linked to current or observed events
- Whole-school initiatives, such as assemblies, themed weeks and our house point system

We use the **Jigsaw Programme**, a comprehensive and progressive scheme of work, to ensure consistency and progression across all year groups.

3. Statutory Requirements

We follow the statutory guidance outlined in:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, 2019)
- Keeping Children Safe in Education (DfE)
- Equality Act 2010

The Jigsaw Programme fully meets the requirements for:

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

Where appropriate, we also teach **Sex Education**, tailored to pupils' age, maturity and needs.

4. Curriculum Overview

Jigsaw is structured into six units ("Puzzles"), which run across the academic year. These are:

Term	Unit (Puzzle)	Overview
Aut 1	Being Me in My World	Identity, belonging, and creating a positive class/school environment
Aut 2	Celebrating Difference	Diversity, anti-bullying, respect for others
Spr 1	Dreams and Goals	Goal setting, aspirations, resilience, teamwork
Spr 2	Healthy Me	Physical and mental health, nutrition, substance education
Sum1	Relationships	Friendship, families, communication, loss and bereavement
Sum 2	Changing Me	Puberty, body changes, and age-appropriate sex education

5. Teaching and Delivery

- PSHE is timetabled weekly (approx. 40 minutes) in KS1 and KS2.
- Lessons are delivered by class teachers, ensuring continuity and a safe environment.
- Some topics may be reinforced through additional workshops or themed days.
- Assemblies, circle time, and class discussions support PSHE aims throughout the year.

6. Relationships Education

By the end of primary school, pupils are expected to understand:

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

These are mainly taught through the "Relationships" unit but are revisited throughout the year in other units.

7. Health Education

Key topics include:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Puberty education (including menstruation) is included and taught through the "Changing Me" unit.

8. Sex Education

While not compulsory in primary schools, Windhill21 includes sex education to ensure pupils are prepared for adolescence and understand basic human reproduction.

Key topics:

- Reproduction in the context of science (statutory)
- Conception and birth (in upper KS2, PSHE)
- Consent and personal boundaries (age-appropriate)

Parents will be informed in advance and have the right to withdraw their child from PSHE elements of sex education but **not** from science lessons covering reproduction.

9. Use of Language: Genitalia Terminology

For safeguarding purposes, the following anatomical terms are taught from Year 1 onwards:

- Penis
- Testicles
- Vulva
- Vagina
- Breasts

This helps normalise correct vocabulary, reduce stigma, and support disclosure of abuse.

10. Inclusivity, Equality and Faith

We respect all children and families and promote diversity and inclusion. Our teaching reflects the Equality Act 2010, including content related to:

- LGBT identities
- Different family structures

We aim to integrate LGBT content naturally within lessons, rather than delivering it as a standalone topic. Parents from all backgrounds are encouraged to communicate with us about their views. However, statutory content cannot be withdrawn from on faith or philosophical grounds.

11. SEND Provision

All pupils, including those with SEND, will access PSHE and RSE at an appropriate level. We adapt resources and teaching methods as needed. RSE is included in annual reviews where appropriate. Privacy, personal space, and boundaries are key concepts that are explicitly taught.

12. External Visitors

We may invite trusted professionals to enhance our PSHE/RSE provision. These include:

- NSPCC
- E-safety professionals
- Magistrates
- Crucial Crew

All visitors follow the school's safeguarding and RSE policies.

13. Ground Rules and Difficult Questions

Before teaching sensitive content, ground rules are established. Pupils can submit anonymous questions using a question box. Staff respond to questions sensitively and in line with policy. Personal disclosures will not be discussed during class sessions.

14. Confidentiality and Safeguarding

Teachers cannot guarantee confidentiality if a child discloses something that raises a safeguarding concern. In such cases, staff will follow the school's safeguarding policy and inform the Designated Safeguarding Lead.

15. Specific Issues

Contraception: Introduced in Year 6 in the context of preventing pregnancy and STIs, with reference to condoms and the contraceptive pill.

FGM: Staff are trained to identify and report signs of FGM. Children are taught how to stay safe and how to get help.

Pornography and Sexting: In Year 6, children are taught the risks of exposure to inappropriate content and the dangers of sexting. This is reinforced through our e-safety programme.

16. Monitoring and Review

The Governing Body, through the curriculum governor, reviews this policy annually. Feedback from parents, pupils and staff is considered during reviews. Teaching materials are reviewed and approved to ensure alignment with the school's values.