Dennington C of E School

PSHE and RSE Policy

Date Approved	June 2026
Review Frequency (Years)	2 years
Date of Next Review	June 2028

PSHE COVERS AND INCLUDES RELATIONSHIPS AND SEX EDUCATION AND HEALTH EDUCATION

POLICY CONTEXT AND RATIONALE

This policy covers our school's approach to PSHE in Dennington School. It was produced by the Head of School through consultation with the Executive Head Teacher, Governors and parents. Pupils have also been involved in the creation of this policy through the School Council pupils being engaged in discussion and finding out the thoughts of their peers. A key need identified by pupils was the name of the lessons, PSHE being a rather incomprehensible acronym and the need to say what the lessons were for. "Life Lessons" was suggested as an alternative and henceforth at Dennington School PSHE is referred to and timetabled as Life Lessons.

As part of effective RSE provision, the RSE policy should be reviewed at least every 2 years to ensure that it continues to meet the needs of pupils, staff and parents and that it is in line with current Department for Education advice and guidance.

POLICY AVAIABILITY

Parents and carers will be informed about the policy through the school website and by newsletter. If you require this policy in any other format, please contact the school office.

POLICY AIMS AND OBJECTIVES

Our school's overarching aims and objectives for our pupils are that they be equipped with a sound understanding of how to make positive choices that lead to a healthy and safe lives and to develop healthy, respectful relationships, focusing on family, friendships and community, in all contexts, including online.

As part of our whole school approach, PSHE develops the qualities and attributes that children need to manage opportunities, challenges and responsibilities as they grow up, enabling them to thrive as individuals, family members and members of society. At Dennington School we call PSHE "Life Lessons" and there is an emphasis on these lessons being part of the curriculum to inform and support children now and into their futures.

This policy is informed by our school's ethos which is underpinned by Christian values in education, encompassing the following: Creativity, Respect and Reverence, Friendship, Hope, Generosity, Perseverance, Compassion, Peace, Service, Truthfulness, Humility, Forgiveness, Courage, Thankfulness, Wisdom, Justice, Trust and Responsibility. At Dennington School every child is valued and encouraged to achieve their full potential. Every member of our school community is encouraged to respect and value each other. Wherever possible we make close links between our values, worship and PSHE curriculum.

This policy fulfils our school ethos by promoting the development of:

- Wisdom, knowledge and Skills
- Character Development: Hope, Aspiration and Courageous Advocacy
- Community and Living Well Together
- Dignity and Respect

We will create a safe and supportive learning environment by ensuring that PSHE is always taught in an atmosphere of respect and understanding, following normal classroom expectations of listening to one another and not allowing children to interrupt or speak over one another, never laughing or mocking other people's opinions, giving time for reflection, and space for understanding and ideas to change and develop.

We will ensure that where pupils indicate that they may be vulnerable and at risk, they will get appropriate support through referral to the Designated Safeguarding Lead and other agencies if needs be. This policy is informed by the school's safeguarding/child protection policy.

ENTITLEMENT AND EQUALITY OF OPPORTUNITY

Our PSHE programme aims to fulfil its objectives for ALL pupils, including those with SEND, enabling staff to tackle barriers to learning and raise aspirations for our pupils. PSHE is taught inclusively to all children regardless of their race, religion and gender, whilst at the same time addressing the need for equal opportunity, respect and understanding. Teaching will take into account the age, ability, readiness, and cultural backgrounds of children (including those with English as a second language) to ensure that all can fully access PSHE education provision. We promote diversity and inclusion will consider all pupils' needs by using an up to date, current and rigorous curriculum and resources that encompass this, as well as by demonstrating tolerance and respect for all. We will ensure that pupils with SEND receive access to PSHE through having support from a teaching assistant where necessary and/or a scaffolded learning approach so that no pupil is excluded by ability.

INTENDED OUTCOMES

As a result of our PSHE programme of learning, pupils will know and understand the relevant information to be able to make choices that lead to healthy minds and bodies, develop the skills for gaining and keeping positive relationships and a secure understanding that they have a rights and responsibilities in the communities and societies to which they belong now and in their future lives.

LEARNING AND TEACHING:

A. PRINCIPLES AND METHODOLOGY

It is important in PSHE to determine pupils' prior knowledge and starting points. At Dennington School all teachers and teaching assistants know the pupils in their classes well, including their backgrounds and any changes in their circumstances. We make every effort to be available to parents to share information or experiences that would affect their children.

Active engagement in learning, rather than passively receiving information, is most effective in teaching PSHE education. The PSHE programme is taught through a range of teaching methods, which include discussion, written and drawing work, role-play, creative work and research. Pupils need opportunities to consider and clarify their values and beliefs and to rehearse and develop enquiry and interpersonal skills. They also need a comprehensive, balanced and relevant body of factual information to inform their present and future choices, including their career and financial choices. This may involve watching short videos or having an expert in as a visitor, although this would always be with a teacher present and with the content having been established in liaison with the class teacher beforehand. We will help pupils make connections between their learning and 'real life' behaviours by using

examples that are relevant and easily accessible for the children to connect with and by giving time for discussion and reflection. Links are made to other areas of the curriculum, particularly with science, history, geography, RE, PE and Computing. This is to demonstrate that the knowledge and skills gained in PSHE do not exist in a vacuum but are part and parcel of our knowledge and understanding of the world.

PSHE teaching includes discussion and teaching on risky behaviours, social and emotional self-regulation and the language of consent and non-consent. However, the teaching of PSHE is best achieved in a *positive* environment which is concerned with giving the tools needed for children to make informed choices that enable them to thrive, as they grow into teenagers and adulthood.

At Dennington School we embrace and promote the British Values of: Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those of different faiths and beliefs.

A. PLANNING, RESOURCING, TIMETABLING AND TEACHING

We have chosen Kapow's RSE & PSHE programme because it provides a clear, progressive and well-structured curriculum with comprehensive coverage of the statutory Relationships and Health Education requirements, alongside key National Curriculum expectations for citizenship, personal development and online safety. The long-term plan develops pupils' understanding of healthy lifestyles, relationships, respect, safety, rights, responsibilities, communities and financial awareness across all year groups. Although not explicitly Christian, the programme strongly complements our Christian ethos through its emphasis on kindness, respect, responsibility, tolerance, inclusion and making a positive contribution to the wider world. It also links to British Values of

- Democracy: (Learning how everyone has an equal say, participating in decisions, and using processes like school councils.)
- The Rule of Law: Understanding that rules and laws protect everyone, keep people safe, and apply equally to all citizens.
- Individual Liberty: Encouraging people to make their own safe choices and pursue personal goals freely within the law.
- Mutual Respect and Tolerance: Accepting and respecting people from different faiths, beliefs, backgrounds, and cultures—or those without a faith

The themes are taught in spiralling programme, with areas being revisited in different years. PHSE is timetabled in to be taught for 45 min/ 1 hour each week. However, PSHE teaching can sometimes be taught in response to a specific need for groups or classes and teachers are sensitive and flexible according to need. PSHE is taught by the class teacher or by an experienced teaching assistant who is based in the class. PSHE learning is monitored and assessed through teachers critically evaluating pupils' work and contributions in lessons and is reported to parents in the termly reports with an effort and achievement grades.

RELATIONSHIPS AND SEX EDUCATION (RSE)

Sex education is taught in Year 5 and 6. The sex education programme is tailored to the age and the physical and emotional maturity of the pupils. It ensures that both boys and girls are prepared for the changes that adolescence brings and (drawing on knowledge of the human life cycle set out in the national curriculum for science) how a baby is conceived and born. At Dennington School Sex Education is taught alongside Relationships Education and how to recognise the characteristics and positive aspects of healthy relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook and commitment.

Our curriculum for Sex Education also includes what the law says about sex, relationships and young people, as well as broader safeguarding issues, such as online safety.

We believe it is important for all children in Year 5 and 6 to understand all the physical and emotional changes that puberty brings for both boys and girls and to be prepared for these changes. Boys and girls are taught together for part of the lessons and then separately, where children have the chance to ask questions and discuss anything they want to know about puberty. These sessions are taught by an experienced class teacher who is able to lead the children in talking in an open, respectful and trusting way together.

The teaching and materials are appropriate, having regard to the age and religious backgrounds of our pupils. We recognise the significance of other factors, such as any special educational needs or disabilities and ensure that the teaching is appropriate for different levels of development. Sex Education is inclusive of different relationships and family situations.

Parents will receive a letter informing them when Sex Education is going to be covered in the term. Parents may request to see the materials and resources used and speak to the teacher about what will be covered.

Due to our status as a Church of England school, we will teach within a framework of Christian values and the Christian understanding that sex is a gift of God. Sensitivity and respect will be shown to all children when teaching about personal relationships and sex education and RSE is taught in a way to ensure that there is no stigmatization of children based on their home/personal circumstances. Our RSE teaching and learning is set within a context that is consistent with the school's Christian ethos and values; it is based on inclusive Christian principles and values emphasising respect, compassion and loving care. It is taught in the light of the belief in the absolute worth of all people and the unconditional infinite love of God.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE in Primary School. If parents request this, then a meeting will be set up to discuss how school can support parents in ensuring their child receives the necessary knowledge and understanding of puberty.

CONFIDENTIALLY AND HANDLING DISCLOSURES

Due to the nature of PSHE education, pupils' learning may result in them seeking advice or support on a specific personal issue. Teachers cannot offer complete confidentiality; it is important for everyone's safety that teachers and pupils are clear about what can and cannot be kept confidential (see Safeguarding and Child Protection Policy). If a pupil makes a disclosure we will deal with it through the School's Safeguarding route, referring the matter to the Designated Safeguarding Lead. The school will then seek to support any pupil who needs further help, through intervention for emotional support such as the Thrive Programme and may also involve other agencies as needed.

INVOLVING PARENTS AND CARERS

PSHE is strongest when there is communication and collaboration between school and home. At Dennington School we seek to involve parents through communicating the areas covered in PSHE each term through the Long Term Curriculum Map. If there are any areas covered that have led to specific questions or that we feel need further development, teachers will set up a meeting with parents or carers to discuss these. There may also be information sharing sessions for parents in connection with particular areas of PSHE, such as online safety.