



Sycamore Hall Preparatory School

PSHE and RSE Policy Statement

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This policy sets out Sycamore Hall Preparatory School's whole-school approach to **Personal, Social, Health and Economic Education (PSHE)** and **Relationships and Sex Education (RSE)**.

At Sycamore Hall, we believe that education should support the development of the whole child. Alongside academic achievement, we aim to help our pupils develop the knowledge, skills, attitudes and values they need to become healthy, confident, independent and responsible members of society.

PSHE enables our children to understand how they are developing personally, socially and emotionally and provides opportunities to explore many of the moral, social and cultural issues that are part of growing up.

Through our PSHE programme, pupils learn about their rights and responsibilities and develop an understanding of what it means to be a responsible member of their school, local community and wider society.

We encourage our children to develop a strong sense of self-worth and self-confidence and to recognise the positive contribution they can make to school life and the wider community.

Our PSHE provision supports children in developing the confidence to make informed choices, respond appropriately to challenges and understand the consequences of their actions.

Relationships and Sex Education

Relationships and Sex Education is an important part of the personal, social and emotional development of our pupils.

Our RSE programme begins in Reception and develops progressively through to Year 6. Teaching is carefully planned to ensure that information is **age and developmentally appropriate** and is delivered in a sensitive and respectful manner.

RSE equips children with the knowledge, skills and values they need to develop safe, respectful and positive relationships. It also helps pupils understand their own bodies, recognise and express their emotions appropriately and develop the confidence to make responsible choices as they grow.

Through our RSE programme, we aim to help pupils:

- Develop positive values and a sound moral framework to guide their decisions, judgement and behaviour as they move towards adulthood.
- Understand the consequences of their actions and behave responsibly within their relationships with others.
- Develop confidence and self-esteem and recognise their own worth and the value of others.
- Develop the communication skills needed to express themselves clearly and appropriately.
- Understand how to respond to pressure and avoid being pressured into situations in which they do not feel comfortable.
- Develop an age-appropriate understanding of their own bodies and the changes that occur as they grow.
- Recognise their emotions and learn how to express and manage them appropriately.
- Understand the importance of family life and caring, supportive relationships.
- Understand the importance of respect, trust, kindness and consideration within relationships.
- Recognise and respect that people may make different choices about the relationships they form.
- Understand the importance of personal boundaries and respecting the boundaries of others.

- Know that they can seek help and support from a trusted adult when they are worried or concerned.

We recognise that children develop at different rates. RSE will therefore always be taught with appropriate consideration for the age, maturity and developmental stage of our pupils.

At Sycamore Hall, RSE will seek to challenge prejudice and discriminatory behaviour and promote understanding, respect and equality, in accordance with the principles of the **Equality Act 2010**.

Intent

The intent of our PSHE curriculum is to support the development of the knowledge, skills, attitudes, values and behaviours that will enable our pupils to become confident, responsible and well-rounded individuals.

Through PSHE, we aim to help pupils:

- Develop a sense of purpose and direction.
- Build self-esteem, self-confidence and self-worth.
- Develop positive and respectful relationships.
- Make and act upon informed and responsible decisions.
- Communicate effectively with others.
- Work cooperatively with others and show respect and consideration.
- Respond positively to challenge and develop resilience.
- Take an active role in their own learning and personal development.
- Develop independence and personal responsibility.
- Become active and responsible members of their local community.
- Explore issues associated with living in a democratic society.
- Understand the importance of rights and responsibilities.
- Understand how society works and the importance of laws and rules.
- Develop an understanding of how their actions and choices can affect themselves and others.

- Develop healthy habits and make positive choices about their physical and emotional wellbeing.
 - Develop the knowledge and confidence to keep themselves safe.
 - Become healthy, confident and fulfilled individuals.
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Curriculum Content

PSHE at Sycamore Hall covers a broad range of topics that support children's personal development and preparation for life.

Depending on their age and stage of development, pupils will have opportunities to learn about:

- Relationships and friendships
- Family life
- Respect and kindness
- Personal responsibility
- Health and wellbeing
- Emotional development
- Mental wellbeing
- Personal safety
- Online safety
- Healthy lifestyles
- Growing and changing
- Puberty and age-appropriate aspects of human development
- Rights and responsibilities
- Citizenship and community
- Money and financial responsibility
- Making informed and responsible choices

- Resilience and dealing with challenges
- British Values and life in a democratic society

These areas are taught progressively throughout the school and are revisited as pupils mature and their understanding develops.

Age and Developmentally Appropriate Teaching

We recognise that children develop at different rates and that individual pupils may have different levels of understanding and maturity.

All PSHE and RSE content will therefore be delivered in a way that is appropriate to the age and developmental stage of our pupils.

Teachers will introduce topics sensitively and provide opportunities for pupils to ask questions, discuss issues and develop their understanding in a safe and respectful environment.

The school will take account of the needs of individual pupils when planning and delivering PSHE and RSE.

Where sensitive subjects are discussed, teachers will ensure that language, resources and activities are appropriate for the pupils concerned.

Respect, Equality and Difference

At Sycamore Hall, we believe that pupils should learn to treat others with kindness, courtesy and respect.

PSHE and RSE provide opportunities for children to understand and respect differences between people and to recognise that individuals and families may have different backgrounds, experiences, cultures, faiths, beliefs and circumstances.

Pupils are encouraged to understand that differences should never be a reason for bullying, prejudice, exclusion or discriminatory behaviour.

We actively promote respect and seek to challenge prejudice and discrimination in all forms.

Our approach is consistent with the school's wider ethos and with our responsibilities under the Equality Act 2010.

PSHE and the Wider Curriculum

PSHE is not taught solely through dedicated lessons. It is also embedded throughout everyday school life and the wider curriculum.

Pupils develop their personal and social skills through:

- Classroom activities and discussions
- Assemblies
- School rules and expectations
- Relationships with staff and other pupils
- Teamwork and group activities
- Sporting activities
- Charity work and fundraising
- Responsibilities within school
- Opportunities to contribute to school life
- Educational visits and wider experiences
- British Values education
- The wider curriculum

The principles taught through PSHE are reinforced through the expectations we have for behaviour, manners, respect, responsibility and consideration for others.

Rights and Responsibilities

An important part of PSHE is helping pupils understand both their rights and their responsibilities.

Children learn that they have the right to feel safe, respected and valued, while also understanding that they have responsibilities towards others.

They are encouraged to:

- Take responsibility for their own actions.

- Respect the rights and feelings of others.
- Follow school rules and expectations.
- Treat others fairly and with courtesy.
- Make sensible and responsible choices.
- Contribute positively to their school and community.
- Understand that actions have consequences.

Pupils are also encouraged to understand the importance of living within a society where laws, rules and shared expectations help to protect individuals and communities.

Health and Wellbeing

PSHE supports pupils in developing healthy habits and understanding how to care for their physical and emotional wellbeing.

Children are taught about matters such as:

- Healthy eating
- Physical activity
- Personal hygiene
- Sleep and rest
- Emotional wellbeing
- Recognising and managing emotions
- Building resilience
- Coping with challenges
- Personal safety
- Knowing when and how to seek help

We aim to give pupils the knowledge and confidence they need to make healthy choices and take increasing responsibility for their own wellbeing.

Monitoring and Evaluation

At Sycamore Hall, we teach the learning objectives and content outlined in the current **Department for Education guidance relating to Relationships Education, Relationships and Sex Education, PSHE and Health Education**, as applicable to our setting.

All content is delivered in a timely manner and is carefully planned to be age and developmentally appropriate.

When planning and delivering PSHE and RSE, we take appropriate account of the needs and circumstances of our pupils, including relevant religious and cultural considerations.

We regularly monitor and evaluate our PSHE and RSE programme and scheme of work to ensure that:

- The curriculum meets the needs of our pupils.
- Content is appropriate to the age and development of pupils.
- Learning progresses appropriately from Reception through to Year 6.
- The curriculum reflects the ethos and values of Sycamore Hall.
- Statutory requirements and current guidance are met.
- Pupils are appropriately prepared for the next stage of their education and development.

The PSHE and RSE curriculum and this policy will be reviewed regularly and amended where necessary to reflect changes in statutory requirements, guidance and the needs of our pupils.

Our Commitment

At Sycamore Hall Preparatory School, we believe that PSHE and RSE are important parts of a child's education.

Our aim is to provide pupils with the knowledge, skills and confidence they need to understand themselves, develop positive relationships, make responsible choices and take an active and positive role in their school and wider community.

We want our children to grow into **healthy, confident, independent and responsible young people**, with a strong sense of self-worth, respect for others and the resilience and good judgement needed to meet the challenges of

life.

We believe that a strong education should prepare children not only for academic success, but also for life.