

Girton Glebe Primary

PSHE, Relationships, Health, and Sex Education Policy

First adopted by LGB	September 2025
Review cycle	September 2026
Reviewed by	Chris Butler

Document Control

New Version Number	Key changes from previous version	Date of ratification
2	Reviewed to be in line with revised behaviour policy	

PSHE, Relationships, Health, and Sex Education Policy

1. Introduction

At **Girton Glebe Primary School**, we value Personal, Social, Health and Economic (PSHE) education as a vital part of supporting children's development. PSHE helps our pupils understand themselves, respect others, and develop the knowledge, skills, and values needed to thrive in life, learning, and relationships.

We include the statutory **Relationships and Health Education** within our whole-school PSHE programme. This policy explains how we deliver PSHE, including Relationships Education, Health Education, and age-appropriate Sex Education.

2. Legislative and Statutory Context

- Relationships Education is **compulsory in all primary schools** in England.
- Health Education is **compulsory in all state-funded schools**.
- Schools must have a **written policy for Relationships Education and RSE**.
- Parents have the right to withdraw children from non-statutory Sex Education.

Our PSHE policy is informed by key statutory guidance including:

- Keeping Children Safe in Education
 - Equality Act 2010
 - SEND Code of Practice: 0–25 years
 - Mental Health and Behaviour in Schools
 - Preventing and Tackling Bullying
 - Promoting Fundamental British Values
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3. Our Approach to PSHE

Programme: We use **Jigsaw, the mindful approach to PSHE**, which supports progression through a spiral curriculum. Learning is tailored to our children's needs while covering statutory requirements.

Aims: PSHE helps pupils develop:

- Self-awareness and purpose
- Respect for self and others
- Positive relationships
- Decision-making and problem-solving skills
- Communication and teamwork
- Citizenship and community awareness

- Health and wellbeing

Organisation: PSHE lessons are allocated **1 hour per week** and are reinforced through:

- Assemblies
- School charters and values
- Everyday interactions between peers and staff

Teaching Method:

- Class teachers deliver lessons to their own pupils.
- A safe, positive learning environment is established using the **Jigsaw Charter** and Rights Respecting principles.
- Differentiation ensures inclusion for all learners, including those with SEND.

4. PSHE Content Overview

Jigsaw's six "Puzzles" cover all PSHE areas:

Term	Puzzle	Content
Autumn 1	Being Me in My World	Identity, belonging, class and school community
Autumn 2	Celebrating Difference	Diversity, anti-bullying including cyber and homophobic bullying
Spring 1	Dreams and Goals	Aspirations, goal-setting, contribution to society
Spring 2	Healthy Me	Drugs, alcohol, self-esteem, healthy lifestyle, sleep, nutrition, exercise
Summer 1	Relationships	Friendships, family, conflict resolution, bereavement
Summer 2	Changing Me	Relationships and Sex Education, coping positively with change

5. Relationships Education

Children learn about:

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

Delivery: Outcomes are taught through Jigsaw's **Relationships** and other complementary Puzzles, ensuring a holistic approach across the year.

6. Health Education

Children learn about:

- 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)

Delivery: Mostly through the **Healthy Me** and **Changing Me** Puzzles, reinforced through daily activities and school culture.

7. Sex Education

- Statutory guidance requires puberty education, delivered in the **Changing Me Puzzle**.
- Sex Education (human reproduction) is taught in an age-appropriate way.
- Parents can request withdrawal from specific sex education lessons using: **office@gg.tela.org.uk**
- **Examples of lessons with withdrawal option:**
 - Year 4: Having a Baby
 - Year 5: Conception
 - Year 6: Conception and Birth

8. Drug and Alcohol Education

- Defined as substances that change how people feel, think, or behave, including alcohol, tobacco, and medications.
- Delivered through the **Healthy Me Puzzle**, focusing on informed decision-making, self-responsibility, and health risks.

9. Equality and Inclusion

- Teaching promotes respect for all, including protected characteristics under the Equality Act 2010.
- LGBT content is integrated appropriately, supporting the school's commitment to inclusion and respect.
- Staff are sensitive to different family, cultural, and religious backgrounds.

10. Working with Parents and Carers

- Parents are informed via the school website, newsletters, letters, and workshops.
- Parental views are considered in curriculum planning, though statutory content must be taught.
- Parents can review this policy and the PSHE curriculum at any time.

11. Safeguarding and Sensitive Issues

- Teachers follow safeguarding procedures for disclosures.
- Sensitive topics are handled with discretion, respecting pupils' and families' beliefs.
- Staff provide age-appropriate responses to questions and liaise with **DSLs** if concerned.

12. Assessment, Monitoring, and Evaluation

- Each Jigsaw Puzzle includes assessment opportunities.
 - Teachers record progress using Floor Books and Insight Tracker.
 - The PSHE lead monitors delivery and evaluates effectiveness through pupil and staff feedback.
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13. External Contributors

- Specialists (e.g., school nurses, community police) may support lessons, with teachers remaining responsible for delivery.
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14. Learning Environment

- Safe, open, and respectful classrooms are maintained.
 - The **Jigsaw Charter** underpins behaviour and interactions.
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15. Staff Training and Support

- All staff receive training in PSHE delivery.
 - Additional CPD is provided for specific topics as required.
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16. Policy Access and Dissemination

- This policy is available on the school website.
 - Copies can be requested from the school office.
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17. Links to Other Policies

- Safeguarding Policy
 - Equality Policy
 - Teaching and Learning Policy
 - Science Curriculum
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Policy Review: This policy will be reviewed every 3 years or sooner if statutory guidance changes.