

St. Paul's CE Junior School



Flourishing Together, Rooted in Love

PHSE (inc RSE)

Policy

2025-2026

Introduction

Our pupils are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities but also challenges and risks. In this environment our pupils need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. As a result of this Relationship Education and Health Education is now compulsory in all English Primary Schools. St. Paul's CE Juniors has delivered PHSE including RSE (Relationships and Sex Education) for many years prior to it becoming statutory. Therefore this policy has been reviewed in the light of our on-going good practice, new recommendations from the DfE :- ***Relationships Education, Relationships and Sex education (RSE) and Health Education 2025*** and the Church of England's report, ***Flourishing For All, 2024***. PSHE including RSE teaching St. Paul's contributes to our statutory duty to safeguard our pupils and prepare them for the responsibilities and experiences of adult life. PSHE inc. RSE is taught in an age-appropriate manner throughout our school.

What is PHSE & RSE?

Personal, Health and Relationships and Sex education is lifelong learning about physical, moral and emotional development. We want to provide our pupils with key building blocks of being physically and mentally healthy, understand relationships including online contact and good digital well-being. The statutory guidance is perfectly compatible with our school vision, 'Flourishing Together, Rooted in Love' and that of the Church of England's *Vision for Education* with Jesus' promise of "***life in all its fullness***" at its heart.

Policy Aims

Our key aim in providing PHSE inc. RSE is to safeguard our pupils. During their time at St. Paul's, pupils will learn key knowledge and skills to help keep them safe and embrace the challenges of creating a happy and successful life now and in the future. PSHE inc. RSE is taught in the context of relationships and promotes self-esteem and emotional health and well-being. This should enable pupils to form healthy, meaningful relationships, based on respect for themselves and others.

We believe in working in partnership with parents and carers and understand the importance of sharing our PHSE programme with families so that they can support their children's physical, moral, mental well-being and emotional development at home.

Key Objectives

The key objectives of our PHSE inc. RSE programme are:

To provide the knowledge and information to which all pupils are entitled;

To clarify/reinforce existing knowledge;

To raise pupils' self-esteem and confidence, especially in relationships;

To understand the importance of safe and stable relationships and promote respect, love and care;

To help pupils develop skills;- language, decision making, choice, assertiveness and resilience and to make the most of their abilities in order to cope with influences of peers and the media;

To provide confidence to be participating members of society and to value themselves and others;

To help pupils gain access to information and support;

To develop skills for a healthier, safer lifestyle;

To develop and reinforce pupils understanding of how to stay safe online;

To respect and care for their bodies;

To be prepared for puberty and adulthood

To respond to the needs of pupils and parents/carers by providing accurate knowledge of sexual matters at a level suitable to children's age and understanding and to dispel myths and rumour;

To foster an understanding and acceptance that relationships can be formed in diverse and varied ways, for example; people of the same gender.

Inclusion and Support

PHSE inc. RSE will be accessible to all pupils regardless of age, sex, race, disability, religion or belief, gender or sexual orientation. We will ensure that issues such as sexism, misogyny and homophobia and gender stereotypes are discussed and will take positive action to build a culture where these are not tolerated and any occurrences are identified and tackled.

PSHE inc RSE can be particularly important for pupils with social, emotional and mental health needs or learning disabilities as they are more vulnerable to exploitation and bullying. We will ensure that teaching is tailored to meet specific needs of pupils to ensure that that learning outcomes are met. This will also be discussed with parents/carers when appropriate.

Delivery of PSHE inc. RSE

All class teachers will deliver aspects of this curriculum subject. Teaching assistants will also provide additional support, particularly the school's Kidsafe tutor. Everyone involved with the teaching of PHSE inc. RSE will follow the school policy.

A safe, open and positive learning environment will be established. This atmosphere of trust will enable pupils to ask questions without fear of anxiety or embarrassment. Where PHSE inc RSE is taught within the curriculum, it will be delivered by the class teacher and therefore in a mixed gender class. Visiting speakers from the community, e.g. school nurse make a valuable contribution to the subject. Their input is carefully monitored to fit in and complement the curriculum. Teachers will always be present during sessions delivered by visitors.

The personal beliefs of the teachers will not influence the teaching of PSHE inc. RSE. A balanced and non-judgemental approach will be taken.

Staff Training

Due to the ongoing developments in society and therefore this curriculum subject, appropriate training will be available to all staff according to their development needs.

Right to be excused from Sex Education

Parents/carers will be routinely informed and consulted about the PHSE curriculum. Parents have a right to request that their child be withdrawn from some or all of the Sex Education taught at St. Paul's. Following a discussion with the Head teacher a request to withdraw will be automatically granted however Health and Relationships Education is compulsory as is the Science curriculum.

Monitoring & Evaluation

The monitoring and evaluation of this subject is the responsibility of the Head teacher and named governor.

This will take place on at least an annual basis.

Equal Opportunities

This curriculum subject will be delivered in accordance with the School's inclusion policy and the Equality Act of 2010.

Pupils will be taught that the term relationship may refer to two people of the same or different gender, ethnicity, religion/ belief or ability/disability.

Links to other policies

Science

Safeguarding

Health & Safety

Equal opportunities

Key Contacts

Head teacher: Jane Newby

PHSE inc RSE lead: Jane Newby

Lead Governor: Jackie Dower

Designated Safeguarding Lead: Jane Newby

Safeguarding Governor : Jackie Dower