St Wilfrid's CE Primary School

Personal, Social, Health and Economic (PSHE) Education Policy

(including Relationships, Sex and Health Education – RSE)

Approved:	**13th April 2026**
Next Review:	**April 2029 or sooner if statutory guidance changes**

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1. How this Policy was Developed

This policy was written by the PSHE Subject Lead and developed in consultation with parents/carers, pupils, school staff and governors. The views of the school community were considered carefully to ensure that the policy meets the needs of all pupils. The policy has been approved by the Governing Body.

2. Legal Requirements

All schools are expected to provide PSHE education. This expectation was strengthened from September 2020, and reinforced in 2025, when Relationships Education and Health Education became statutory in all primary schools.
Sex Education is not statutory in primary schools, but the Department for Education (DfE) recommends that schools teach age-appropriate Sex Education in Years 5 and/or 6, in line with the National Curriculum for Science.
Under the Education Act 2002 and Academies Act 2010, schools must provide a balanced and broadly based curriculum. This policy therefore covers all aspects of PSHE education, including Relationships Education, Health Education and non-statutory Sex Education, as well as wider PSHE themes such as economic wellbeing, rights and responsibilities, environmental awareness, SMSC development and British Values.
This policy reflects statutory guidance including updates that become statutory from 1 September 2026.

3. What PSHE Education Is

PSHE education, including statutory Relationships and Health Education and non-statutory Sex Education, provides a framework for pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society.
Our PSHE provision supports pupils to:

- Develop self-esteem, confidence and self-awareness
- Build and maintain healthy, respectful relationships
- Understand and manage emotions and mental wellbeing
- Stay safe online and offline
- Make sense of media messages and challenge extreme views
- Understand rights, responsibilities and how society works
- Develop responsibility for their health, finances, community and environment

PSHE education is delivered through a spiral curriculum, allowing key themes to be revisited and built upon as pupils progress through the school. We recognise the strong link between pupils' wellbeing and their academic achievement.

4. Relationships, Sex and Health Education (RSE)

Relationships Education focuses on positive and safe relationships, including families, friendships, respect, consent, boundaries and online relationships.
Health Education supports pupils' understanding of physical and mental wellbeing, healthy lifestyles and emotional literacy.
Sex Education, where taught, provides age-appropriate, factual information about puberty, human reproduction and conception, including IVF and prepares pupils for secondary education.

5. How PSHE and RSE Are Delivered

5.1 Curriculum and Resources

At St Wilfrid's CE Primary School, we use SCARF (Safety, Caring, Achievement, Resilience, Friendship) as our main PSHE and wellbeing scheme of work. SCARF is a whole-school programme that supports pupils from Early Years through Key Stage 1 and Key Stage 2, ensuring statutory requirements are met in an age-appropriate and progressive way. SCARF covers:

- All statutory requirements for Relationships Education and Health Education
- Non-statutory Sex Education
- The PSHE Association Programme of Study
- SMSC development and British Values

The SCARF programme is organised into six half-termly units:

- Me and My Relationships
- Valuing Difference *
- Keeping Myself Safe
- Rights and Responsibilities
- Being My Best
- Growing and Changing

The programme is adapted where necessary to meet the needs of our pupils and local context.

* As part of the SCARF programme, St Wilfrid's CE Primary School teaches Valuing Difference to promote respect, understanding and inclusion of all pupils. This includes a structured anti-racism education approach (AREP), which supports pupils to explore and challenge prejudice, racism, and stereotyping in age-appropriate ways. Pupils learn about different cultural, ethnic, and social backgrounds, developing empathy and positive relationships. Anti-racism education is fully embedded within PSHE lessons, assemblies and wider school life.

5.2 Teaching and Organisation

PSHE is taught weekly by class teachers through planned lessons and may also be delivered through assemblies, themed days and cross-curricular opportunities. External visitors may be used to enhance learning; all visitors are quality-assured and work within the school's safeguarding procedures and Christian values.

6. Roles and Responsibilities

Governing Body: Approves and monitors the PSHE and Relationships policy

Headteacher: Has overall responsibility for PSHE and RSE

PSHE Subject Lead (Francesca McCoulough): Coordinates curriculum planning, supports staff, monitors delivery and assessment and keeps up to date with guidance

Teaching Staff: Deliver PSHE and Relationships in an inclusive, age-appropriate and sensitive manner

Staff receive appropriate training and support, including access to SCARF guidance and training materials.

7. Safeguarding and Safe Learning Environment

PSHE and Relationships lessons take place in a safe, supportive learning environment. Ground rules are established and distancing techniques and anonymous question boxes may be used.

Staff answer pupils' questions honestly and age-appropriately. Any disclosures or concerns are managed in line with the school's Safeguarding and Child Protection Policy and Keeping Children Safe in Education.

8. Inclusion, SEND and Equality

PSHE and Relationships is inclusive and accessible to all pupils. Reasonable adjustments are made for pupils with SEND and lessons are adapted to meet individual needs.

Pupils are taught about diversity, different family structures, protected characteristics and respectful relationships. Teaching complies with the Equality Act and supports pupils who may be questioning their gender or sexuality in an age-appropriate and sensitive way.

9. Assessment, Monitoring and Evaluation

PSHE and Relationships learning is assessed using SCARF assessment tools, including:

- Pre- and post-unit assessments
- 'I can' statements
- Reflective pupil feedback

The PSHE Subject Lead monitors teaching and learning, supports staff and reports annually to the Headteacher and Governing Body.

10. Working with Parents and Carers

Parents and carers are informed about the PSHE and Relationships curriculum and are consulted when the policy is reviewed.

From 1 September 2026, parents and carers have the right to request to see all PSHE and Relationships curriculum materials and resources used in school.

11. Right to Withdrawal

Parents and carers cannot withdraw their child from Relationships Education or Health Education.

Parents and carers may request withdrawal from non-statutory Sex Education by informing the Headteacher.

From 1 September 2026, the Headteacher may refuse a request for withdrawal in exceptional circumstances, such as safeguarding concerns or other rare situations that could significantly affect the pupil's wellbeing or learning.

12. Dissemination of the Policy

This policy is available on the school website. Printed copies or alternative formats are available on request from the school office.

13. Policy Review

This policy will be reviewed every three years, or sooner if statutory guidance changes, in consultation with parents/carers, pupils, staff and governors.

14. Sources of Information

This policy is informed by:

DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (2019, updated 2025)
PSHE Association guidance
Keeping Children Safe in Education (2025)
Ofsted Education Inspection Framework (2025)

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- SEND Policy