



Hampton Court House

## **PSHE (Personal, Social, Health Education) Policy**

**(Including Relationships and Sex and Health Education (RSHE)  
statutory from September 2020)**

Updated by: ACB

Last Updated: October 2024  
Next Review: October 2025

Context	3
PSHE	3
Statutory RSE and Health Education	3
What do we teach when and who teaches it?	5
Prep Years	5
Senior Years	6
Relationships and Sex Education	7
Health Education	8
Sex Education	8
Parents' right to request their child be withdrawn from Sex Education	8
Equality	9
Policy Review	10
Appendix A – Curriculum Overview 2024-25	11

# Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental, and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities, and experiences of later life.

## PSHE

At Hampton Court House School, we teach Personal, Social, Health Education as a whole-school approach to underpin students' development as people and because we believe that this also supports their learning capacity.

In the Prep years we use Jigsaw, the mindful approach to PSHE. In the Senior years we use a variety of suitable resources from EC Publishing and The PSHE Association. All provide a programme which offers us comprehensive, carefully thought-through Schemes of Work bringing consistency and progression to our students' learning in this vital curriculum area.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our young people.

## Statutory RSE and Health Education

"The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships and Sex Education compulsory for all pupils receiving secondary education... They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools."  
DfE Guidance p.8.

"Today's children and young people 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, children and young people need to know how to be safe and healthy, and how to manage their academic, personal, and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online."

This will sit alongside the essential understanding of how to be healthy. At secondary, teaching will build on the knowledge acquired at primary and develop further pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society."

*Secretary of State Foreword, DfE Guidance 2019 p.4-5.*

"Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons."

*DfE Guidance p.8*

"All schools must have in place a written policy for Relationships and Sex Education."

*DfE Guidance p.11.*

Here, at Hampton Court House School we value PSHE as a way to support students' development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships , Sex and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw in the Prep years, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our students' needs. The mapping document and statutory RSE and Health Education', shows exactly how Jigsaw and, therefore, our school, meets the statutory RSE and Health Education requirements.

This is mirrored in the senior years with the EC Publishing and PSHE Association resources. There are learning journeys mapped out for each year group, and a mapping document to again show how we are meeting all requirements for PSHE.

Both programmes' complimentary updates policy ensures we are always using the most up-to-date teaching materials and that our teachers are well-supported.

Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance)
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)

- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

Both the Jigsaw Programme, and the EC Publishing programme are aligned to the PSHE Association Programmes of Study for PSHE (mapping document available on the Community Area of [www.jigsawpshe.com](http://www.jigsawpshe.com), and our own internal systems) and aligned to the definitions of Relationships and Sex Education offered by the Sex Education Forum (National Children's Bureau, April 2020).

## What do we teach when and who teaches it?

### Prep Years

The Jigsaw Programme covers all areas of PSHE for the prep phase including statutory RSE and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught from year 1 -6; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding difference, Equality Act
Spring 1:	Relationships	Includes understanding friendship, family, and other relationships, conflict resolution and communication skills, bereavement and loss
Spring 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change (age-appropriate teaching)
Summer 1:	Dreams and Goals	Includes goal setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Summer 2:	Healthy Me	Includes self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest, and exercise

## Senior Years

The EC Publishing Programme covers all areas of PSHE for the senior phase including statutory RSE and Health Education. The table below gives the learning theme of each of the terms, and these are taught across years 7-11; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Living in the Wider World	Includes lessons on money and finance, careers education, the criminal justice system, how we can care for our environment and internet safety.
Autumn 2:	Living in the Wider World	
Spring 1:	Relationships	Includes lessons on sex education and different types of relationships, British Values, how we can prevent radicalisation, body image, and who are the LGBT community.
Spring 2:	Relationships	
Summer 1:	Healthy and Wellbeing	Includes the importance of healthy diet and exercise, getting enough sleep, the dangers of smoking, puberty, managing emotions i.e. Coping with stress, and discrimination awareness.
Summer 2:	Healthy and Wellbeing	

At Hampton Court House School we allocate 50 minutes per week in the prep school in one session, and one hour per week for the senior school; this is split into four 15 minute lessons at lunchtime registration. This enables us to teach PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

- assemblies
- praise and reward system
- through relationships student to student, adult to student and adult to adult across the school
- We aim to 'live' what is learnt and apply it to everyday situations in the school community
- Class tutors deliver the weekly lessons
- Each lesson has a timetabled slot each week.

# Relationships and Sex Education

"The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like...it should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships... Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

RSE should provide clear progression from what is taught in primary school in Relationships Education.

Pupils should understand the benefits of healthy relationships to their mental wellbeing and self-respect."

*DfE Guidance page 25*

"In teaching Relationships Education and RSE, schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of The Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...

We expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum."

*DfE Guidance page 15*

The Sex Education Forum offers the following definitions:

"Sex education is learning about the physical, social, legal and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health."

"Relationships education is learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life. Relationships education supports children to be safe, happy and healthy in their interactions with others now and in the future."

*Sex Education Forum, 2020*

## ***What does the DfE statutory guidance on Relationships Education expect young people to know by the time they leave secondary school?***

RSE in secondary schools will cover 'Families', 'Respectful relationships including friendships', 'Online and media', 'Being safe' and 'Intimate sexual relationships, including sexual health'.

The expected outcomes for each of these elements can be found further on in this policy. The way our programmes cover these is explained in the mapping documents.

# Health Education

"It is important that the starting point for health and wellbeing education should be a focus on enabling pupils to make well-informed, positive choices for themselves."

*DfE Guidance page 35.*

## ***What does the DfE statutory guidance on Health Education expect young people to know by the time they leave secondary school?***

Health Education in secondary schools will cover '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'.

The expected outcomes for each of these elements can be found further on in this policy.

# Sex Education

The DfE Guidance 2019 integrates Relationships and Sex Education at secondary school level.

Most of the DfE outcomes relating to Sex Education sit within the 'Intimate and sexual relationships, including sexual health' section of the guidance and include aspects like:

- the facts about reproductive health
- the facts about the full range of contraceptive choices
- how the different sexually transmitted infections (STIs), including HIV/AIDS, are transmitted
- how to get further advice
- consent and the law

*DfE Guidance page 29.*

At Hampton Court House School we agree with the Sex Education Forum definition of Sex Education (as above).

The Jigsaw PSHE Programme and EC Publishing also reflects this, making it possible for us to identify which lessons specifically address these aspects of learning, thereby making it straightforward for us to communicate this to parents/carers in relation to their right to request to withdraw their children from Sex Education.

## Parents' right to request their child be withdrawn from Sex Education

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE...

... except in exceptional circumstances, the school should respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those Terms".

*DfE Guidance pages 17/18.*



Should parents wish to discuss withdrawing their child from Sex Education, they are advised to contact their child's Form Tutor and copy in the Deputy Head Pastoral. A letter will be sent out to parents during the half term before we are due to begin this topic to give parents time to consider their decision.

### **Monitoring and Review**

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme and makes a record of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

### **Inclusion and SEND**

At Hampton Court House School we pride ourselves on our inclusive policy and on how we make provision for all students' needs.

PSHE is differentiated and personalised by providing tailored resources to those who need them, whether that be sentence starters, picture prompts, different coloured paper etc. We follow the guidance given to teachers by the Head of Learning Support for both primary and secondary years.

## **Equality**

### **This policy will inform the school's Equalities Policy**

The DfE Guidance 2019 (p.15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics.

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

At Hampton Court House School we promote respect for all and value every individual student.

We also respect the right of our students, their families, and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of RSE and Health Education.

# Policy Review

This policy is reviewed annually.

PSHE documents:

- All mapping documents are shared with parents during annual PSHE Parent Consultation Evenings and are available at any time upon request.
- Parents can also request and specific lesson plans at any time throughout the year.

# Appendix A – Curriculum Overview 2024-25

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Celebrating Difference ( <i>Links with cultural week</i> )	Relationships ( <i>children are forming friendships, important to cover early in the year</i> )	Changing Me	Being Me in My World	Healthy Me ( <i>links with cycles, growing and the sunflower challenge in maths</i> )	Dreams and Goals ( <i>links with transition to Y1</i> )
Y1 - 6	Being Me in My World ( <i>Links with the Senior Years exploring Living in the Wider World</i> )	Celebrating Difference ( <i>Links with the Senior Years exploring Living in the Wider World</i> )	Relationships ( <i>Links with the Senior Years exploring Relationships</i> )	Changing Me ( <i>Links with the Senior Years exploring Relationships</i> )	Dreams and Goals ( <i>Links with the Senior Years exploring Health and Wellbeing</i> )	Healthy Me ( <i>Links with the Senior Years exploring Health and Wellbeing</i> )

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Careers and Aspirations - Living in the Wider World</b> 1. Starting Secondary School 2. Goal Setting 3. Resilience 4. Self Esteem 5. Career Interests	<b>Finance - / British Values Living in the Wider World</b> 1. Spend or Save 2. Budgeting 3. Keeping my Money Safe	<b>Healthy Relationships - Relationships</b> 1. Friendships, 2. family relationships, 3. falling in love, 4. positive relationships, 5. Empathy	<b>Sex Education - Relationships</b> To be covered: 1. Puberty, 2. having a baby, 3. changing emotions/feelings, 4. Periods	<b>Healthy Body - Health and Wellbeing</b> To be covered: Dangers of smoking/vaping, intro to drugs, healthy eating/energy drinks	<b>Healthy Mind - Health and Wellbeing</b> To be covered: Managing anger, radicalisation/extremism, what is FGM
Year 8	<b>Careers and Aspirations - Living in the Wider World</b> 1. Behaviour to Achieve 2. Communication Skills 3. Teamwork 4. Navigating Work, Study and Careers 5. Entrepreneurship	<b>Finance - / British Values Living in the Wider World</b> 1. Understanding Credit and Debit 2. Consumer Rights 3. Staying in Control of my Money	<b>Healthy Relationships - Relationships</b> 1. Healthy behaviours in relationships 2. gender and stereotypes 3. Homophobia/transphobia 4. Prejudice	<b>Sex Education - Relationships</b> 1. Consent 2. Contraception 3. Dangers of Pornography and 'Sexting' 4. STI's 5. Pregnancy and Parenting	<b>Healthy Body - Health and Wellbeing</b> 1. Body Image 2. Vaping, Nicotine and Addiction 3. Cancer Awareness	<b>Healthy Mind - Health and Wellbeing</b> 1. Mindfulness 2. Self Confidence 3. Emotional Literacy and Self Awareness
Year 9	<b>Careers and Aspirations - Living in the Wider World</b> 1. Self Discipline to Achieve 2. Growth Mindset 3. Enterprising Personalities 4. Preparing for KS4 Options 5. Personal Strengths	<b>Finance - / British Values Living in the Wider World</b> 1. Keeping Finances Secure 2. Payslips and Deductions 3. Designing and App	<b>Healthy Relationships - Relationships</b> 1. Peer Pressure 2. Abusive Relationships 3. Child Sexual Exploitation 4. Respectful Relationship Behaviour 5. LGBTQAI+	<b>Sex Education - Relationships</b> 1. Contraception 2. Consequences of Unprotected Sex 3. Porn 4. Sex and the Law	<b>Healthy Body - Health and Wellbeing</b> 1. Body Image and Eating Disorders 2. Alcohol Awareness 3. Drugs and the Law 4. Vaccinations, Blood and Organ Donations	<b>Healthy Mind - Health and Wellbeing</b> 1. Managing Stress and Anxiety 2. Self-Harm
Year 10	<b>Careers and Aspirations - Living in the Wider World</b> 1. Developing Skills for KS4 2. Choosing the Right Career 3. CVs 4. Managing Online Reputation 5. Rights and Responsibilities in the Workplace	<b>Finance - (Svetlana) / British Values Living in the Wider World</b> 1. Understanding Take Home Pay 2. Budgeting 3. Managing Inflation	<b>Healthy Relationships - Relationships</b> 1. Conflict Management 2. Forced Marriage 3. Stalking and Harassment 4. Transgender 5. Sexism and Prejudice	<b>Sex Education - Relationships</b> 1. Porn 2. Coersion 3. Fertility 4. Pregnancy Outcomes 5. Abortion	<b>Healthy Body - Health and Wellbeing</b> 1. Binge Drinking 2. Tattoos and Piercings	<b>Healthy Mind - Health and Wellbeing</b> 1. Social Media and Self Esteem 2. Managing Social Anxiety 3. Suicide 4. Managing Grief and Bereavement
Year 11	<b>Careers and Aspirations - Living in the Wider World</b> 1. Applying to University or College 2. Independent Living 3. Preparing for Job Interviews 4. health and Safety in the Workplace 5. Trade Unions	<b>Finance - / British Values Living in the Wider World</b> 1. Pensions 2. Mortgages 3. Insurance	<b>Healthy Relationships - Relationships</b> 1. Relationship Types 2. Consent and Rape 3. Online Dating 4/5. Stalking, Harassment and the Law	<b>Sex Education - Relationships</b> 1. Good Sex Reproductive Health	<b>Healthy Body/Mind - Health and Wellbeing</b> 1. Personal Safety 2. First Aid 3. Gambling and Online Gaming	<b>Study Leave/Exams</b>