



PSHE & RSE POLICY

Date of policy: *September 2026*

Review date: *September 2026*

Reviewed by: Annie Blackie- Headteacher

1. Policy Statement

At Stoke Damerel Primary Academy our school motto “**Dream Big, Achieve Together**” underpins all aspects of school life, including our approach to Personal, Social, Health and Economic (PSHE) education and Relationships and Sex Education (RSE).

We are committed to supporting the personal, social, emotional and physical development of all pupils so they feel confident to dream big about their future and develop the skills, knowledge and attitudes needed to achieve together within a diverse and respectful society.

This policy outlines how PSHE and RSE are taught, organised and monitored across the school, ensuring provision is inclusive, age-appropriate and reflective of British Values and the protected characteristics set out in the Equality Act 2010.

2. Aims of PSHE and RSE

Our PSHE and RSE curriculum aims to help pupils:

- Develop confidence, resilience and high aspirations so they can **dream big**
- Build positive, respectful and healthy relationships, learning how to **achieve together**
- Understand how to look after their physical and mental health
- Develop emotional literacy and self-awareness
- Learn how to keep themselves and others safe
- Understand and respect equality, diversity and different life experiences
- Prepare for the opportunities, responsibilities and challenges of later life

3. Statutory Context

This policy has been developed in line with:

- The **Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019**
- **DfE statutory guidance for RSE and Health Education**
- The **Equality Act 2010**
- The **Children and Social Work Act 2017**
- **Keeping Children Safe in Education (KCSIE)**

Relationships Education is statutory for all primary pupils. Sex Education beyond the statutory science curriculum is taught in line with this policy and parents' rights to withdraw are respected.

4. Curriculum Organisation and Kapow PSHE

PSHE and RSE at Stoke Damerel Primary Academy are taught using the **Kapow Primary PSHE and RSE scheme of work**, which provides a spiral, progressive curriculum from Early Years to Year 6.

Kapow supports our school motto by encouraging pupils to:

- Set goals and develop aspirations
- Work collaboratively and value teamwork
- Reflect on their strengths and achievements
- Respect others and contribute positively to their community

The curriculum covers:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship and economic wellbeing

Lessons are taught weekly or in blocks, depending on the needs of the class and school timetable.

5. Teaching and Learning Approach

PSHE and RSE lessons are:

- Inclusive and accessible to all pupils
- Delivered in a safe, supportive and respectful environment
- Underpinned by clear ground rules and mutual respect
- Designed to encourage pupil voice, discussion and reflection

Teaching approaches promote collaboration and mutual support, helping pupils to understand how individual actions contribute to collective success — reflecting our commitment to **achieving together**.

6. British Values

The PSHE and RSE curriculum actively promotes **British Values**, enabling pupils to grow into responsible citizens who contribute positively to society:

- **Democracy** – encouraging pupil voice, participation and respectful discussion
- **The rule of law** – understanding rules, rights, responsibilities and consequences
- **Individual liberty** – supporting pupils to make informed choices and develop self-belief
- **Mutual respect and tolerance** – celebrating diversity and challenging prejudice and discrimination

These values are embedded across lessons, assemblies and the wider school culture.

7. Equality, Diversity and Protected Characteristics

At Stoke Damerel Primary Academy we are committed to equality, inclusion and respect for all. Our PSHE and RSE curriculum reflects a diverse society and ensures all pupils feel seen, valued and supported as they learn and grow together.

Teaching includes reference to the **protected characteristics** outlined in the Equality Act 2010:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

Content is delivered sensitively and age-appropriately, promoting understanding, empathy and respect.

8. Assemblies and Whole-School Events

PSHE and RSE are reinforced through:

- Whole-school assemblies
- Theme weeks (e.g. Anti-Bullying Week, Mental Health Awareness Week)
- Celebration of national and global events
- Whole-school initiatives that promote wellbeing, equality and aspiration

Assemblies and events provide opportunities for pupils to reflect on shared values, celebrate achievements and understand the importance of working together to support one another.

9. Safeguarding and Confidentiality

PSHE and RSE play a vital role in safeguarding by:

- Helping pupils recognise unsafe situations
- Teaching them how to seek help and support
- Reinforcing online and offline safety

Staff do not promise confidentiality. Any safeguarding concerns will be addressed in line with the school's Safeguarding and Child Protection Policy.

10. Parents and Carers

We recognise parents and carers as key partners in supporting children to **dream big and achieve together**. Parents are informed about PSHE and RSE content and have opportunities to view resources and discuss provision.

Parents have the right to withdraw their child from non-statutory elements of Sex Education. Requests should be made in writing to the Headteacher.

11. Monitoring and Review

The PSHE and RSE curriculum is monitored by the PSHE subject leader- Lucy Welsh and senior leadership team. Pupil voice, staff feedback and ongoing review of Kapow materials ensure high-quality provision.

This policy will be reviewed annually.