

PSHE/RSE Policy

Gretton Primary School



Approved by:	Adam Sallis	Date: Summer 2026
Last reviewed on:	Summer 2026	
Ratified by:	FGB	
Ratified on:	Summer 2026	
Next review due by:	Summer 2028	

1. How this policy was developed

This policy has been developed for Gretton Primary School and is informed by the Coram Life Education (SCARF) PSHE Education Policy guidance, the PSHE Association Programme of Study, and statutory guidance from the Department for Education. It reflects national best practice in Personal, Social, Health and Economic (PSHE) education and has been adapted to meet the needs of Gretton Primary School's pupils, families and wider community.

The policy was written by the Headteacher and PSHE Lead in consultation with teaching staff, governors, pupils and parents. This policy has been informed by parental consultation conducted in May 2026. Feedback indicated strong overall support for the school's PSHE and RSE provision, with a clear preference for a curriculum that is age-appropriate, inclusive, factual, and delivered with sensitivity.

Views and feedback were considered to ensure the policy is inclusive, age-appropriate and reflective of school practice. The policy has been approved by the Governing Body and will be reviewed in line with statutory expectations.

2. Legal Requirements

All primary schools are required to teach Relationships Education and Health Education. These statutory requirements were first introduced in September 2020 and are reinforced by the Department for Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (July 2025).

The 2025 guidance places a stronger emphasis on:

- keeping children safe, including online safety and safeguarding;
- developmentally appropriate teaching about relationships and families;
- inclusive teaching that reflects different family structures and lived experiences;
- clear expectations around parental communication and transparency.

In addition, schools must provide a broad and balanced curriculum under the Education Act 2002 and the Academies Act 2010.

Gretton Primary School delivers:

- Relationships Education (statutory, in line with the 2025 RSE guidance)
- Health Education (statutory)
- Non-statutory Sex Education in Year 6, which parents may withdraw their child from

Sex education content taught as part of the statutory Science curriculum cannot be withdrawn from.

Our PSHE education aims to ensure pupils are prepared for life in modern Britain, addressing wider aspects such as economic wellbeing, environmental responsibility, personal safety and digital literacy.

3. What PSHE Education Is

PSHE education at Gretton Primary School provides a planned, developmental programme of learning through which pupils acquire the knowledge, skills and attributes they need to manage their lives now and in the future as confident, responsible and resilient individuals. It supports pupils to stay healthy and safe,

develop positive relationships, understand emotions, manage risk, and recognise their responsibilities as members of society.

At Gretton Primary School, we are committed to developing the whole child, equipping pupils with the knowledge, skills, vocabulary and character needed to succeed both in education and in later life. Through PSHE and the wider curriculum, pupils are supported to become mindful, inclusive, responsible, ambitious, resilient and curious individuals.

A strong focus is placed on the development of pupil character, enabling children to understand themselves, build resilience, develop a moral compass and make positive contributions to society. This supports pupils in developing the personal qualities and attitudes required for positive health, future education and employment.

Our PSHE curriculum promotes:

1. Self-awareness, confidence and informed decision-making;
2. Emotional literacy, empathy and respectful relationships;
3. Understanding of physical and mental health;
4. Resilience, problem-solving and a growth mindset;
5. Awareness of rights, responsibilities and British values;
6. Respect for diversity, difference and equality;
7. Responsible attitudes towards money, the environment and the wider world.

The PSHE curriculum is carefully designed to reflect the school's core values of being Aware, Inspired, Mindful, Happy, Inclusive, Growing and Hardworking. Through these principles, pupils are supported to develop resilience, a growth mindset and a strong sense of self within a caring and inclusive community.

Through the PSHE and RSE curriculum, pupils are also taught how to recognise when they need support, who to speak to, and how to seek help from trusted adults both in school and beyond.

Research consistently shows a link between effective PSHE education, wellbeing and academic achievement. Therefore, PSHE is a valued and integral part of the curriculum at Gretton Primary School.

4. How PSHE Education is Provided and Who is Responsible

Gretton Primary School uses SCARF (Safety, Caring, Achievement, Resilience, Friendship) as its core PSHE programme. SCARF provides a comprehensive, spiral curriculum that meets statutory requirements for Relationships Education and Health Education, and aligns with the PSHE Association Programme of Study.

SCARF provides not only a comprehensive curriculum structure but also a values-driven framework (Safety, Caring, Achievement, Resilience, Friendship) that complements and reinforces the school's own values, supporting pupils to translate these into positive behaviours and attitudes in daily school life.

In addition to SCARF, the school delivers the My Happy Mind programme as part of its whole-school approach to mental health and wellbeing. This supports children in understanding how their brains work and helps to build resilience, confidence and self-esteem, while equipping pupils with strategies to self-regulate and manage their emotions.

PSHE education is closely aligned with the school's Golden Rules, which underpin expectations for behaviour and relationships across the school. These rules – 'We are kind and respectful, we show good manners, we listen carefully, we are honest, and we try our best' – are explicitly taught, modelled and reinforced through PSHE lessons and wider school life.

The Golden Rules support the development of a safe, happy and respectful learning environment, enabling pupils to apply their PSHE learning in real-life contexts and develop positive relationships with others.

The PSHE Lead is responsible for:

- Overseeing the PSHE curriculum and progression;
- Supporting staff with training, planning, resources and subject knowledge;
- Monitoring teaching and learning;
- Keeping up to date with national guidance and developments.

Class teachers deliver PSHE lessons, supported by SCARF planning, guidance and training materials. PSHE is taught through weekly lessons or through planned cross-curricular opportunities, ensuring consistent coverage across the school.

5. What Is Being Taught

PSHE education is taught through six SCARF units across Key Stages 1 and 2:

1. Me and My Relationships – feelings, friendships, conflict resolution, families;
2. Valuing Difference – respect, diversity, inclusion and British values;
3. Keeping Myself Safe – personal safety, online safety, health and risk;
4. Rights and Responsibilities – money, community, environment and responsibility;
5. Being My Best – physical and mental health, goal setting and resilience;
6. Growing and Changing – life cycles, body changes, puberty and personal safety.

In the Early Years Foundation Stage, PSHE learning is embedded through child-led play, routines and adult-guided activities that support personal, social and emotional development.

Human development content is carefully sequenced and linked to the Science curriculum. In Year 6, pupils may also learn about conception and birth as part of the school's non-statutory sex education provision.

6. How PSHE Education Is Taught

PSHE lessons are taught by class teachers in mixed-sex groups using a range of interactive methods, including discussion, role play, stories, videos and collaborative activities. Lessons are delivered in a safe, supportive learning environment where pupils are encouraged to participate and share ideas respectfully. Teaching encourages open discussion and pupil-led questions, allowing learning to respond to pupils' needs while remaining age-appropriate and carefully structured. In KS2, some lessons within the growing and changing unit are taught separately in single year groups.

Ground rules and a group agreement are established to support sensitive discussions. Teachers use distancing techniques and anonymous question methods where appropriate.

The school is mindful to ensure that content is introduced progressively, avoiding unnecessary detail at an inappropriate age and using clear, accessible language that pupils can understand.

Any safeguarding or mental health concerns arising from PSHE lessons are handled in line with the school's safeguarding and child protection procedures, including appropriate referral and support where necessary.

7. Monitoring, Assessment and Evaluation

PSHE learning is monitored and assessed through the SCARF assessment framework, which can include:

- SCARF Progress – pre- and post-unit assessments;
- SCARF Success – key learning outcomes expressed as 'I can' statements;
- Wearing My SCARF – pupil self-reflection.

The PSHE Lead monitors standards, supports staff development and reports regularly to the Headteacher and Governing Body.

8. Inclusion and Accessibility

PSHE education is inclusive and accessible to all pupils. Lessons are adapted to meet the needs of pupils with SEND and additional support is provided where appropriate. Where needed, additional pastoral or targeted support is provided to ensure pupils feel secure and understood.

The PSHE curriculum reflects and celebrates the diversity of the school community and wider society, including different families, cultures, religions, identities and lived experiences. Teaching promotes respect, empathy and understanding, ensuring that all pupils feel seen, valued and represented.

Teaching presents a balanced view of different perspectives and experiences, while ensuring that all content remains aligned with statutory guidance.

Lessons are delivered in a way that is sensitive, age-appropriate and inclusive, with careful consideration given to pupils' developmental stages, needs and backgrounds. Teachers create a safe and supportive learning environment where all pupils feel confident to express themselves, ask questions and explore ideas without fear of judgement.

All pupils learn about changes during puberty together to promote understanding, empathy and respect. The curriculum is designed to meet the needs of all pupils and comply with the Equality Act 2010.

9. Parental Engagement and Withdrawal

Parents are encouraged to engage with PSHE education and are informed about what their children will be taught. Parents are welcome to come into school to view PSHE and RSE resources and to discuss taught content with staff, either through planned meetings or by arrangement. We value open and transparent communication with parents and carers.

Parents have the right to request withdrawal from non-statutory sex education only; there is no right to withdraw from Relationships Education or Health Education.

Any request for withdrawal will be discussed with the Headteacher to ensure parents understand the curriculum and the implications of withdrawal. Appropriate arrangements will be made for pupils who are withdrawn from non-statutory sex education lessons.

Where appropriate, guidance will be provided to help parents and carers support their child's learning at home.

10. Dissemination

This policy is available on the school website and in printed form on request.

11. Review

This policy will be reviewed every two years, with consultation from pupils, staff, parents and governors.

12. Sources and Linked Policies

This policy draws upon national guidance and SCARF resources, including DfE RSHE Guidance (2025) and PSHE Association guidance.

It should be read alongside:

- Safeguarding and Child Protection Policy
- Anti-Bullying Policy
- Equality, Diversity and Inclusion Policy
- Behaviour Policy

Appendix: Useful Resources for PSHE and RSE

The following resources support the planning, delivery, assessment and review of PSHE education, including Relationships and Sex Education, at Gretton Primary School.

Some SCARF and PSHE Association resources require a staff login and are intended for professional use; parents and carers are welcome to view teaching materials in school and discuss content with staff.

SCARF – Policy and Planning Resources

Templates, guidance, curriculum mapping and assessment tools (available online to staff).

Coram SCARF Resources

- RSE guidance and support materials, including online teaching and learning training film clips:
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationships-education-teacher-resources-guidance-documents-and-training-films>
- Frequently asked questions:
<https://www.coramlifeeducation.org.uk/frequently-asked-questions>
- Long-term planning document:
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/long-and-medium-term-plan>
- Flexible planning tool:
<https://www.coramlifeeducation.org.uk/scarf/planning>
- How to answer children's questions that go beyond the planned curriculum:
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/rse-films-supporting-teaching-and-learning>
- Assessment in PSHE Education (recorded webinar):
<https://www.coramlifeeducation.org.uk/training/assessment-in-pshe-education>
- SEND: signposting and support for children with additional needs:
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/signposting-and-support-for-children-with-additional-needs>
- Protected characteristics across SCARF:
<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/protected-characteristics-across-scarf>
- Working with parents and carers:
<https://www.coramlifeeducation.org.uk/working-with-parents-and-carers>
- SCARF training:
<https://www.coramlifeeducation.org.uk/training/scarf-training-teachers-schools-bespoke>
- SCARF teacher training portal:
<https://www.coramlifeeducation.org.uk/teacher-training-portal>

PSHE Association Guidance

- Creating a PSHE education policy for your school (members only):

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/creating-pshe-education-policy-your-school>

- PSHE Association assessment guidance for Key Stages 1 and 2:

<https://pshe-association.org.uk/guidance/ks1-4/assessment>

Sex Education Forum Guidance

- RSE policy guidance:

<https://www.sexeducationforum.org.uk/resources/advice-guidance/sre-policy-guidance>

- Activities for consulting pupils, parents and staff about RSE policy and practice:

<https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/Consultation%20activities%20-%20SRE%20policy%20-%20Sept%202014.pdf>