PSHE and RHE Education Policy

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Chair of Governors: Mrs L. Jenkin		Review: 01.09.26

What is PSHE?

PSHE stands for Personal, Social, Health, and Economic education. It is a planned, developmental school curriculum subject that helps children acquire the knowledge, understanding, and skills they need to manage their lives now and in the future.

While Relationships and Sex Education (RSE) forms a vital, statutory part of this subject, our broader PSHE curriculum at Trannack covers a wider spectrum of life skills. It is designed to support pupils' physical and mental health, moral development, safety, and eventual economic wellbeing.

Through our PSHE provision, children explore three core themes:

- **Health and Wellbeing:** Understanding physical and mental health, emotional self-regulation, healthy routines, and growing and changing safely.
- **Relationships:** Developing safe, respectful friendships, understanding personal boundaries, and learning how to communicate effectively both online and offline.
- **Living in the Wider World:** Exploring economic education (managing money), digital citizenship, community responsibilities, and career aspirations.

In short, PSHE is how we teach children the invisible life skills required to thrive as confident, responsible, and caring citizens in modern Britain.

RSE Changes & Framework

This policy has incorporated all changes since the previous version to reflect the 2025 RSHE guidance. All schools are currently expected to provide PSHE education in their curriculum. This expectation has been strengthened from September 2020, (and reinforced in 2025) when Relationships Education and Health Education aspects of the primary curriculum became compulsory in all schools.

At Trannack Primary School, we believe in challenging each child academically *and* nurturing the individual person, following our school cultural drivers of **Ambition**, **Nurture**, **Connection** and **Creativity**. Relationships and Sex Education (RSE) is a fundamental pillar of our wider Personal Development offer and will enable children to Ready, Respectful, Safe, Responsible, Resilient and Resourceful citizens.

Our RSE policy ensures that all pupils are equipped with the knowledge, understanding, and emotional literacy they need to lead safe, healthy, and fulfilling lives. Through our curriculum, children learn to navigate the modern world with confidence, kindness, and resilience.

This policy has been updated to fully comply with the Department for Education's (DfE) updated statutory Relationships, Sex and Health Education (RSHE) guidance.

In line with national expectations, Relationships Education and Health Education are compulsory for all primary-aged pupils. Trannack Primary School ensures its curriculum addresses the new and strengthened core objectives, including:

- **Expanded Relationships Objectives:** A deeper focus on personal boundaries, age-appropriate consent, communication, managing conflict, and challenging everyday sexism or misogyny.
- **Technology & Online Safety:** Explicit teaching regarding modern digital risks, including the impact of toxic online influencers, AI-generated "deepfakes", privacy, and illegal online behaviours.
- **Personal Safety Integration:** Compulsory content regarding physical safety risks, including water safety, roads, and rail safety.
- **Mental Wellbeing:** Specific, compassionate exploration of loneliness, grief, and emotional self-regulation.

1. Curriculum Delivery & Schemes of Work

Our RSE curriculum is carefully sequenced and delivered through a blended approach to ensure maximum impact and relevance.

Core Scheme: Kapow
We utilise the Kapow PSHE scheme as our foundational framework. This scheme provides a spiral, progressive curriculum that revisits key themes annually, tailoring them to the developmental capacity of each year group. Kapow ensures complete coverage of statutory health and relationship indicators and is completely up to date with recent statutory curriculum changes.

Bespoke & Tailored Lessons
While Kapow forms our backbone, Trannack teachers also design bespoke lessons to respond dynamically to the specific context, demographic, and immediate needs of different year groups. This includes specific sessions on:

- National Science Curriculum links (biological aspects of human growth and reproduction).
- Targeted workshops addressing local safeguarding contexts or specific cohort dynamics.

Enhanced Provision: Visitors & Experiences
We firmly believe that learning must feel meaningful and extend beyond the classroom walls. Our RSE and PSHE provision is actively enhanced through a rich variety of experiences, including:

- **Expert External Visitors:** Planned sessions with healthcare professionals, emergency services, and community leaders to ground safety and health concepts in real-world expertise.
- **Experiential Learning:** Utilising Forest School, educational day visits, ready reflection, assemblies, and our tribes to practice real-time relationship building, teamwork, and conflict resolution.

2. Overview of Key Themes by Tier

Component	Focus Areas Covered	Statutory Status
Relationships Education	Families & people who care for me; Caring friendships; Respectful relationships; Online relationships; Being safe.	Compulsory for all pupils.
Health Education	Mental wellbeing; Internet safety/harm; Physical health/fitness; Healthy eating; Drugs, alcohol & tobacco; Health/prevention; Basic first aid; Changing adolescent body (puberty).	Compulsory for all pupils.
Sex Education	Discrete sessions focusing on human reproduction (outside the scope of the statutory Science curriculum).	Non-statutory (Parents hold the right to withdraw).

3. Inclusion, Diversity, and SEND

Trannack Primary is an inclusive school community. RSE is taught in a way that is accessible and highly relevant to all pupils, regardless of their gender, race, faith, or family structure.

For pupils with Special Educational Needs and Disabilities (SEND), curriculum delivery is adapted, scaffolded, or supported with visual aids and smaller group sessions. This ensures that vital safety, boundary, and relationship concepts are deeply understood by every child.

4. Safeguarding and Safe Practice

RSE can raise sensitive questions. Our teachers establish clear ground rules in every lesson to create a safe, respectful environment.

If a child makes a disclosure during an RSE session, or if a teacher suspects a child is at risk of harm, staff will strictly follow the school's Child Protection and Safeguarding Policy in alignment with Crofty MAT protocols. Distancing techniques (e.g., using anonymous question boxes) are frequently deployed to keep lessons safe and objective.

5. Parental Engagement & Right to Withdraw

We maintain absolute transparency with parents and carers. Parents have a legal right to know what their children are being taught and are invited to view curriculum maps and core Kapow teaching materials upon request.

- **No Right to Withdraw:** Parents cannot withdraw their children from statutory Relationships Education, Health Education, or any element taught as part of the National Science Curriculum.
- **Right to Withdraw:** Parents do have the right to request that their child be withdrawn from non-statutory components of Sex Education. Parents wishing to exercise this right are asked to arrange a meeting with the Headteacher to discuss the request and review alternative arrangements.

6. Monitoring and Evaluation

The implementation and impact of this policy are actively monitored by the PSHE/RSE Subject Leader (Olivia Mather-Crane) through:

- Learning walks and lesson drop-ins.
- Sampling pupil work.
- Consulting with the School Council and pupil voice focus groups.

The Local Governing Body and Crofty MAT trustees ensure that school practice matches statutory criteria and updates the policy bi-annually.