Personal, Social, Health, Economic and Citizenship Education (PSHEC) Policy

Newton Burgoland Primary **Personal, Social, Health, Economic and Citizenship Education (PSHEC) Policy**	
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1. Aims

The aims of Personal, Social, Health, Economic and Citizenship Education (PSHEC) at Newton Burgoland Primary School are to:

- Equip pupils with the knowledge, skills and attributes they need to thrive in school and later life.
- Promote positive mental health and emotional wellbeing.
- Support pupils in developing resilience, confidence and self-esteem.
- Help children build positive and respectful relationships.
- Teach children how to keep themselves physically and emotionally safe.
- Develop responsible citizens who understand British values and the importance of contributing positively to society.
- Encourage children to understand and care for the world around them.
- Enable pupils to manage risks, make informed decisions and seek support when needed.
- Promote equality, inclusion and respect for diversity.
- Prepare pupils for the opportunities, responsibilities and experiences of later life.

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2. Statutory Requirements

PSHE education is a non-statutory subject. However, schools are expected to make provision for pupils' personal, social, health and economic development as part of a broad and balanced curriculum.
Many aspects of PSHE are statutory through:

- Relationships Education
- Health Education
- The National Curriculum Science Programmes of Study
- Citizenship themes within the wider curriculum
- Safeguarding requirements
- The Equality Act 2010
- Keeping Children Safe in Education

At Newton Burgoland Primary School, PSHEC is taught as an essential part of our curriculum and contributes significantly to pupils' personal development.

3. Policy Development

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

- The consultation process included:
- Reviewing national guidance and best practice.
- Staff consultation and discussion.
- Consideration of pupil voice.
- Parent and stakeholder consultation.
- Governor review and ratification.

4. Definition

PSHEC education supports children in developing the knowledge, understanding, skills and attributes needed to:

- Stay physically and mentally healthy.
- Build and maintain positive relationships.
- Understand and manage emotions.
- Keep themselves safe both online and offline.
- Make informed decisions.
- Develop financial awareness and responsibility.
- Value diversity and challenge discrimination.
- Participate fully in school and wider community life.
- Become active and responsible citizens.

PSHEC is a key part of our whole-school approach to personal development and wellbeing.

5. Curriculum

Our PSHEC curriculum follows the three core themes identified by the PSHE Association:

- Health and Wellbeing

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- Including:
- Physical health
- Mental wellbeing
- Healthy lifestyles
- Personal safety
- Growing and changing
- Keeping safe online
- Relationships
- Including:
- Friendships
- Families
- Respectful relationships
- Bullying prevention
- Teamwork
- Communication skills
- Living in the Wider World
- Including:
- Economic wellbeing
- Careers and aspirations
- Diversity and inclusion
- British Values
- Environmental responsibility
- Citizenship and community participation
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Our curriculum is delivered through the Lifewise PSHE and Citizenship Scheme alongside additional learning opportunities and responsive teaching linked to pupil needs.

We recognise that personal development is not confined to timetabled lessons and is promoted through assemblies, pupil leadership roles, Forest School, educational visits, school events and daily interactions. Curriculum content may be adapted where appropriate to meet the needs of pupils and respond to current issues affecting our school community.

6. Delivery of PSHEC Education

PSHEC is taught through dedicated lessons and is embedded across the curriculum and wider school life. We ensure:

- Learning is carefully sequenced and builds progressively over time.
- Vocabulary is explicitly taught.
- Children revisit key concepts regularly through a spiral curriculum.
- Teaching is inclusive and accessible to all learners, including pupils with SEND.
- Learning opportunities allow pupils to discuss, reflect and apply their understanding.

Teaching approaches may include:

- Discussion
- Collaborative learning
- Role-play
- Debate
- Problem-solving activities
- Educational visits

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- Visitors and workshops
- Forest School experiences
- Pupils are encouraged to participate respectfully, ask questions and consider differing viewpoints.

Pupil Leadership

Children have opportunities to develop leadership skills through roles including:

- School Council
- Eco Team
- Sports Ambassadors
- Internet Safety Champions
- Diversity Champions

These opportunities support the development of responsible citizenship and community engagement.

Inclusivity

We teach PSHEC in a way that:

- Is accessible for all pupils.
- Reflects the diversity of modern Britain.
- Promotes inclusion and respect.
- Supports pupils with additional needs.
- Creates a safe and supportive learning environment.
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7. Use of External Organisations and Curriculum Materials

External organisations may occasionally contribute to aspects of the curriculum.
When external providers are used, we will ensure:

- Content is age appropriate.
- Materials are accurate and evidence based.
- Resources align with school policies.
- Sessions support the intended curriculum outcomes.
- External visitors comply with safeguarding requirements.

The school remains responsible for all curriculum content delivered to pupils.

8. Roles and Responsibilities

8.1 The Governing Board

The governing board will:

- Approve the PSHEC policy.
- Monitor implementation.
- Hold leaders accountable for delivery.

8.2 The Headteacher

The headteacher is responsible for:

- Ensuring PSHEC is taught consistently.
- Supporting curriculum development.
- Monitoring effectiveness across the school.

8.3 Subject Leader

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The PSHEC subject leader is responsible for:

- Leading curriculum development.
- Supporting staff.
- Monitoring teaching and learning.
- Reviewing resources.
- Coordinating staff training.

8.4 Staff

Staff are responsible for:

- Delivering high-quality PSHEC lessons.
- Creating safe learning environments.
- Modelling positive attitudes and behaviour.
- Responding appropriately to pupils' needs.
- Reporting safeguarding concerns.

8.5 Pupils

Pupils are expected to:

- Participate positively in lessons.
- Respect others' views.
- Listen carefully and contribute appropriately.
- Apply learning to their daily lives.
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9. Working with Parents and Carers

We recognise that parents and carers are children's first educators.
We will:

- Share curriculum information with families.
- Provide opportunities for parents to view curriculum materials.
- Consult parents on significant policy changes.
- Support families in continuing learning at home.

We value strong partnerships between home and school and believe these partnerships enhance outcomes for children.

10. Training

Staff receive appropriate professional development to support the effective delivery of PSHEC.
Training may include:

- Whole-school professional development.
- Subject leader training.
- Safeguarding updates.
- PSHE Association guidance.

Support from external specialists where appropriate.

11. Monitoring Arrangements

The delivery of PSHEC is monitored through:

- Lesson visits
- Learning walks
- Planning scrutiny
- Pupil voice activities
- Staff feedback

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- Curriculum reviews

Pupils' progress and personal development will be assessed through ongoing formative assessment. This policy will be reviewed annually by the Headteacher and approved by the Governing Board.

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Appendix 1: Curriculum map

Relationships, sex and health education curriculum map (including personal and social development)

Class 1 2026-26

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 1 PSHE Programme	Being Happy x 2 Being Mindful x 2 First Aid and CPR x 2 What is Friendship	Getting your sleep x 2 Hygiene and Me x 2 Understanding Difficult Feelings x 2 Kind vs Unkind	A Problem Shared is a Problem Halved x 2 Communication x 2 Trust x 2	What Makes A Family My Growing Body Respecting Others x 2 Water Safety x 2	Braving the Weather x 2 Emergency Services x 2 Food Safety and What Not to Eat x 2 Wildlife	Road Safety x 2 Safety Symbols x 2 Signalling & Sign Language x 2

Class 2 2026-27

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 2 PSHE Programme	Screen Time Safety x 2 Feeling Sad x 2 Happiness x 2 Positive Friendships	It's Okay not to be Okay x 2 Medicines and Drugs x 2 Understanding Peer Pressure Relaxation x 2	My Private Body Respecting All Families Dealing With Loss x 2 Fight or Flight x 2	Desert Island x 2 Environment x 2 Navigation x 2	Cyber Safety x 2 Fire Safety x 2 Forest Survival x 2 The Art of Failure	Personal Goal Setting x 2 Protecting our Planet x 2 Adapting to Change x 2

Year 3/ 4 2026/27

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 4 PSHE Programme	Healthy Eating and a Balanced Diet x2 The Importance of Physical Activity x 2 Relaxing to Recharge x 2 The Recreational Drugs of Alcohol and Nicotine	My Body, Your Body - Keeping Safe Sleep x 2 Screentime x 2 Autism: Aspergers What's Love?	Bullying x 2 Everything Will Be Alright All About Tik-Tok Identity and Gender Fairtrade: Change Through Choice	BV Government and Rules x 2 BV Freedom in Beliefs x 2 Family Relationships x 2	Consent Where Does My Food Come From? Respect x 2 Being Responsible x 2 Earning Money	Problem Solving and Resourcefulness x 2 Try and Try Again x 2 Leadership x 2

Year 5 /6 2026/27

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 6 PSHE Programme	First Aid x 2 Alcohol, Smoking and Vaping Drugs Illegal Drugs Recognising and Controlling Anger Organisation of Life	My Amazing Body x 2 Self-Perception x 2 Autism Do Say, Don't Say The Power of Love - Inequality Within Relationships What is Forced Marriage?	The Power of Words - Clean up Your Speech Social Media - Tik Tok Identity, Gender and Sexuality Fair Trade - The Shirt Off Your Back Global Warming - Issues and Prevention Celebrating Women in History - Forgotten Achievements	BV Lawmakers and Activists x 2 BV Rights and Radicalisation x 2 The Government X 2 We have added more lessons in Summer 2 to give you optionality. Pick and choose what is right for your students!	Consent Feeling Anxious x2 Ageism x 2 The Power of Negotiation X 2	Transition x 2 Learning to Working x 2 Law x 2 Tax x 2 Banks x 2 Pensions x 2 How to Write a CV x 2 Entrepreneurship, Enterprise and Business x 2

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