Micklands Primary School

PSHE Policy (Personal, Social, Health Education)

This document includes Relationships and Health Education and our position on Sex Education.

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1. 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.

2. PSHE

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

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

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 children.

Statutory Relationships and Health Education

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 make Relationships Education compulsory for all pupils receiving primary education and Health Education compulsory in state-funded schools.

From 1st September 2026, the school has regard to the revised DfE statutory guidance, 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'.

Relationships and Health Education provide pupils with the knowledge and skills they need to develop healthy and respectful relationships, understand how to keep themselves and others safe, support their physical and mental wellbeing and prepare for the opportunities, responsibilities and experiences of later life.

The school will ensure that teaching is appropriate to pupils' age and stage of development, is inclusive, and takes account of the needs of pupils with SEND and other vulnerabilities.

Micklands School delivers the statutory Relationships and Health Education requirements through its whole-school PSHE programme.

Here, at Micklands School we value PSHE as one way to support children's 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 and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children's needs. The mapping

document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw, and therefore our school, meets the statutory Relationships and Health Education requirements.

The school will ensure that the Jigsaw materials used are reviewed and, where necessary, supplemented or adapted so that the curriculum meets current statutory requirements and the needs of Micklands pupils.

Our PSHE policy is informed by relevant legislation and statutory and non-statutory guidance, including:

- DfE 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' – statutory guidance for introduction from 1st September 2026
- DfE 'Keeping Children Safe in Education 2026'
- DfE 'Behaviour in Schools'
- Equality Act 2010
- SEND Code of Practice: 0 to 25 years
- DfE guidance on mental health and behaviour in schools
- DfE guidance on preventing and tackling bullying
- DfE guidance on promoting fundamental British values

The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

3. What do we teach when and who teaches it?

Whole-school approach

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; 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
Spring 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
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

At Micklands School we allocate 30 minutes to an hour to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

- Assemblies and collective worship, praise and reward system, our school reflection, through relationships child to child, adult to child 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 teachers deliver the weekly lessons to their own classes.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

In accordance with the revised statutory guidance from September 2026, teaching will also ensure that pupils develop age-appropriate understanding of consent and personal boundaries, recognise healthy and unhealthy behaviour in relationships, understand that abuse is never acceptable, know how to seek help, and understand how relationships and behaviour online can affect safety and wellbeing.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary 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'.

Teaching will reflect the revised statutory guidance from September 2026 and will respond appropriately to contemporary risks affecting children's physical and mental health, including online harms and the impact of technology on wellbeing.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education

Sex Education is not compulsory in primary schools beyond the content required by the national curriculum for science. However, the DfE continues to recommend that primary schools have an age-appropriate sex education programme which prepares pupils for adolescence and, drawing on knowledge of the human life cycle, teaches how a baby is conceived and born.

At Micklands School, we believe children should understand the facts about human reproduction before they leave primary school.

We define Sex Education as understanding how a baby is conceived. We do recognise that explaining and understanding puberty and its changes (statutory Health education) does require some overlap with conception.

We intend to teach this as part of the PSHE curriculum, following the Jigsaw approach.

Parents/carers have the right to withdraw their child from sex education taught at Micklands School which goes beyond the national curriculum for science. There is no right to withdraw from statutory Relationships Education, Health Education or the science curriculum.

At Micklands School, puberty is taught as a statutory requirement of Health Education through the Jigsaw 'Changing Me' unit. Parents/carers cannot withdraw their child from this statutory content.

The school's additional primary Sex Education is defined as teaching about human conception beyond the requirements of the national curriculum for science. Parents/carers may withdraw their child from the specific Jigsaw lessons, or parts of lessons, which constitute this additional Sex Education. The school will clearly identify these lessons to parents/carers before they are taught.

The school will inform parents of this right by email in the term we are covering these topics.

4. Equality and inclusion

The school will ensure that Relationships, Health and Sex Education is inclusive and meets the needs of all pupils. Teaching will comply with the Equality Act 2010 and will promote respect for others, including people with protected characteristics.

Teaching about families and relationships will reflect the diversity of families and relationships pupils may encounter in school and wider society. Content will be taught in an age-appropriate and sensitive way and will not discriminate against or stigmatise pupils or families because of their characteristics or circumstances.

The school will take account of pupils' age, developmental stage, SEND, religious background and other relevant circumstances when planning and delivering the curriculum, while ensuring that statutory curriculum requirements are met.

Micklands School promotes respect for all and values every individual child. We also recognise and respect the rights of families and staff to hold religious or philosophical beliefs, while making clear that all pupils and members of the school community are entitled to dignity, safety and respect.

5. Statutory curriculum content

The school teaches the statutory content for Relationships Education and Health Education set out in current DfE statutory guidance. Detailed curriculum mapping showing how the Jigsaw programme and other school provision meet these statutory requirements is maintained separately and

reviewed by the PSHE subject leader. Curriculum mapping and teaching materials will be reviewed whenever statutory guidance changes and will be made available to parents/carers in accordance with statutory requirements.

6. Policy Review

This policy is reviewed annually by the headteacher and governors.

The next scheduled review date for this policy is **31st August 2027.**