


Honesty, Engagement, Ambition, Resilience, Teamwork

 T: 01759 302 224 | E: admin@pocklingtonjuniors.co.uk
 65 Kirkland Street, Pocklington, York, YO42 2BX

Pocklington Junior School PSHE, Relationships, Sex & Health Education (RSHE) Guidance

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Headteacher Approved:	Summer Term 2026
Name of Responsible Committee/Individual:	RSHE Lead & SENDCo Lead
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Contents

Introduction	2
Aims	2
Curriculum Content & Sequencing	4
Teaching & Learning Principles	5
Parents' and Carers right to withdraw	6
Monitoring & Evaluation	6
Safeguarding & Support	6
Staff Training.....	7
Review	7
Appendix 1: Parent Consultation Letter	8
Appendix 2: RSHE Curriculum Mapping (Year-by-Year)	9

Introduction

This guidance sets out the school's approach to Personal, Social, Health and Economic (PSHE) education, including Relationships Education, Relationships & Sex Education (RSE) and Health Education (together RSHE). It demonstrates how we promote pupils' knowledge, skills and attitudes to build safe, respectful relationships, positive mental and physical health and resilience for life now and in later life.

Definition

PSHE is a planned programme of learning through which children develop the knowledge, skills and attributes they need to manage their lives now and in the future. RSHE covers statutory Relationships Education, optional Sex Education in primary, and Health Education.

Statutory Status

From September 2026, all schools must follow the updated DfE statutory guidance for Relationships, Sex and Health Education. This policy ensures compliance with that guidance and outlines clear approaches to parent/carers partnership, sequencing, safeguarding and inclusive practice.

This RSE policy also supports legal requirements relating to the following:

- The Equality Act 2010.
- The Education Act 1996.
- Statutory guidance, Keeping Children Safe in Education 2023

School value and vision

“Everything we do, we do with HEART.”

At Pocklington Junior School we are a community and believe every child should get what they need to excel and achieve. We nurture a love of learning and are proud to provide excellent opportunities to enrich our children's learning.

Our PSHE and RSHE curriculum reflects our school values by encouraging pupils to act with honesty, engage positively with their learning and relationships, develop ambition for their future, build resilience when facing challenges and work collaboratively with others. Through our curriculum, we support children to develop healthy relationships, positive wellbeing and the confidence to become respectful, responsible members of society.

Aims

Our PSHE/RSHE curriculum aims to ensure that pupils:

- build healthy, respectful relationships and understand characteristics of positive relationships
- develop self-esteem, resilience and confidence to explore identity safely

- gain age-appropriate knowledge about physical, emotional and mental health
- learn how to keep themselves safe — online and offline
- develop the language and skills needed to make informed choices
- understand equality, diversity, rights and responsibilities
- recognise and challenge stereotypes or discriminatory behaviour and develop respectful attitudes towards others.

We recognise that PSHE supports the statutory curriculum, safeguarding and our wider duty to promote pupil welfare.

Guidance Development & Consultation

This guidance was developed by PSHE leaders, senior leaders and governors in consultation with staff and parents/carers. It has been informed by:

- the DfE statutory RSHE guidance (2025/2026) ([GOV.UK Assets](#))
- the 1Decision PSHE Programme of Study and RSHE mapping (2025) ([1decision.co.uk](#))
- up-to-date advice on delivering age-appropriate and safeguarding-focused PSHE. ([1decision.co.uk](#))

Roles and responsibilities

An effective programme of PSHE and RSE requires support from the whole school community and the following people have specific roles and responsibilities:

Headteacher

Overseeing the development and delivery of PSHE and RSE.

- Providing staff with the opportunity to contribute to the development of PSHE and RSE.
- Providing information to the trustees/governors.
- Providing training for the subject leader and staff, as required.
- Supporting the subject leader to liaise with parents and carers.
- Dealing with parents and carers who wish to withdraw a child from sex education.

Subject leader

- Leading the development and delivery of effective PSHE and RSE.
- Keeping up-to-date with the development of PSHE and RSE.
- Supporting colleagues as required.
- Monitoring and evaluating PSHE and RSE and providing necessary reports.
- Liaising with parents and carers.
- Keeping subject information up-to-date, including on the school website.
- Overseeing external visitors and resources used in PSHE and RSE.

All Staff

- To understand and implement the policy of PSHE and RSE.

- To deliver a high-quality and age-appropriate relationships, sex and health curriculum in line with statutory requirements.
- To teach PSHE and RSE in line with the agreed curriculum (1decision).
- To assess and monitor the progress of children.
- To liaise with the SENCO to identify and respond to individual needs of pupils with SEND.
- To liaise with the Designated Safeguarding Lead (DSL) when any concerns or disclosures are made during the PSHE or RSE lessons.
- To model positive attitudes to PSHE and RSE.
- To respond appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of PSHE and RSE.

Curriculum Content & Sequencing

PSHE and RSHE lessons are delivered through a planned, progressive curriculum that builds pupils' knowledge and skills year on year using the 1Decision programme. Parents and carers are informed each term about the curriculum areas being covered through our learning journeys.

Core Themes

Our PSHE/RSHE curriculum covers three broad themes:

- **Health & Wellbeing:** mental health, emotions, resilience, healthy lifestyles, puberty and body confidence.
- **Relationships & Respect:** families and carers, friendships, respectful relationships, recognising healthy and unhealthy dynamics.
- **Living in the Wider World:** cultural diversity, rights and responsibilities, safety (online & offline), including recognising and responding to harmful or inappropriate online content, economic and personal safety skills.

These align with statutory content and 1Decision's mapped curriculum progressions.

Statutory RSHE Content

In addition to PSHE curriculum themes, the following statutory content is taught:

Relationships Education (Primary):

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online and digital relationships
- Being safe

Health Education:

- Mental wellbeing
- Internet safety and harms and risks

- Physical health and fitness
- Healthy eating
- Drugs, alcohol and smoking/vaping
- Staying healthy
- Basic first aid
- The changing adolescent body

Sex Education:

Where delivered, sex education builds on statutory science and focuses on body autonomy, consent and age-appropriate understanding of reproduction (typically in Years 5–6), following parent consultation. Parents retain the right to withdraw their child from sex education beyond the science curriculum.

Teaching & Learning Principles

Whole-School Approach

PSHE and RSHE is embedded across the curriculum, which is delivered through discrete lessons, assemblies and pastoral work.

Age & Stage Appropriateness

Content is taught in accordance with Department for Education (DfE) curriculum recommendations for each year group. Further information can be found in the curriculum mapping document available through the 1Decision programme (1decision.co.uk).

Safe and Inclusive Environment

Lessons are delivered in a safe, supportive classroom climate. Teachers use distancing techniques, encourage respectful dialogue and respond to pupil questions sensitively. Teaching is adapted where necessary to ensure accessibility for all pupils, including those with SEND.

Equality

Under the Equality Act 2010, the school has a duty to eliminate discrimination, promote equality of opportunity and foster positive relationships for all pupils, including those with protected characteristics.

Our PSHE and RSHE curriculum is accessible to all pupils, including those with special educational needs and disabilities (SEND). Teaching is differentiated, inclusive and personalised to ensure all pupils can engage and make progress, while also supporting preparation for adulthood.

All teaching is age-appropriate, sensitive and inclusive. Content relating to diversity, including LGBT, is integrated within the curriculum at appropriate points, rather than taught as a standalone unit, ensuring pupils develop understanding and respect for others.

Parents' and Carers right to withdraw

All pupils participate in Relationships and Health Education as part of the school curriculum. Parents and carers have the right to withdraw their child from the sex education (conception) element of the programme taught in Year 6. Further information about the content of these lessons can be provided on request.

For non-statutory sex education in primary (beyond science curriculum content), parents have the right to withdraw their child. Parents do not have the right to withdraw their child from statutory Relationships Education or Health Education.

Involving Parents and Carers

Parents and carers are informed about the PSHE/RSHE curriculum and have the opportunity to view teaching materials on request. Information about the areas of learning covered is shared through the termly documents sent to parents and carers. The school has consulted with parents and carers during the development of this policy. If you have any further questions or concerns, please contact the school.

Monitoring & Evaluation

The Headteacher and subject leader will be responsible for monitoring and evaluating PSHE and RSE in line with other subjects.

- Overviews of long and short- term curriculum plans.
- Lesson observations.
- Learning walks.
- Evidence of learning (floor books).
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.

Pupil progress is assessed formatively through class discussion, reflective tasks and knowledge checks embedded in the 1Decision programme. Teachers keep records of coverage and identify areas for improvement in annual curriculum reviews.

Safeguarding & Support

PSHE and RSE includes sensitive topics. It is, therefore, possible that discussions will be prompt and any safeguarding concerns will be dealt with in a timely manner in line with safeguarding procedures and policies in school. Reference should be made to safeguarding policies and procedures to deal with these appropriately.

The subject leader/teacher should discuss with the designated safeguarding lead any potentially sensitive topics. Appropriate steps must be taken to provide additional support for children if required. Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

Teachers are trained to recognise safeguarding concerns arising through PSHE/RSHE teaching. Pupils are taught how to identify trusted adults and seek help if they have concerns about their safety, wellbeing or relationships. Trusted adults, safeguarding leads and pastoral staff support pupils needing additional help or follow-up.

Staff Training

Staff delivering PSHE/RSHE receive appropriate training and support to ensure content is delivered confidently and sensitively.

Review

The PSHE/RSHE curriculum and policy will be reviewed annually by the PSHE subject lead, senior leadership team and governors to reflect statutory changes, emerging needs and feedback from staff, parents/carers and pupils.

Links to Other Policies

This policy should be read alongside the:

- Safeguarding & Child Protection policy
- Online Safety policy
- Behaviour policy
- Equality, Diversity & Inclusion policy
- Curriculum documentation

Appendix 1: Parent Consultation Letter



Pocklington
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Part of the family:



Wonder
Learning Partnership
Make. Learn. Grow. Lead.

Dear Parents and Carers,

Consultation on the Updated PSHE and RSHE Policy

At Pocklington Junior School we are currently reviewing and updating our Personal, Social, Health and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE) policy in line with the updated guidance from the Department for Education. The revised policy will come into effect from September 2026.

PSHE and RSHE play an important role in supporting children to develop the knowledge, skills and understanding they need to stay safe, build healthy relationships and support their physical and emotional wellbeing.

For primary pupils, the updated guidance places a stronger focus on online safety and wellbeing, the use of accurate terminology for body parts (including genitalia), and personal safety (including water, roads and railways). There is also greater emphasis on helping children understand change and loss, including bereavement, as well as developing communication skills, assertiveness and confidence to express their needs and boundaries.

We recognise that some aspects of this curriculum, particularly those relating to sex education, can be sensitive topics. In primary schools, Relationships Education and Health Education are statutory and must be taught to all pupils. However, sex education beyond the National Curriculum science content is not compulsory.

At Pocklington Junior School, any additional sex education content will be age-appropriate, typically taught in Years 5 and 6. It will focus on topics such as body autonomy, consent and an age-appropriate understanding of reproduction. This learning builds on the statutory science curriculum.

Parents and carers have the right to request that their child is withdrawn from sex education that is taught beyond the science curriculum. However, parents do not have the right to withdraw their child from statutory Relationships Education or Health Education.

As part of our policy development, we value the views of our parents and carers and welcome your feedback. If you have any comments, questions or suggestions, please send these via email to admin@pocklingtonjuniors.co.uk so they can be directed to the appropriate member of staff. Please ensure responses are submitted by Friday 27th March 2026 so they can be considered as part of the consultation process.

Thank you for your continued support.

Sophie Kirk

Assistant Headteacher, SENDCo and PSHE Lead

www.pocklingtonjuniors.co.uk

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Appendix 2: RSHE Curriculum Mapping (Year-by-Year)

<https://www.1decision.co.uk/media/attachments/2025/09/09/rshe-mapping.pdf>