



Life Skills (PSHE) and Relationships and Sex Education (RSE) Policy

Our Vision

At Parc Eglos School we believe that a strong Life Skills (PSHE) and RSE education supports children to become safe, respectful and responsible members of society. Our curriculum develops the knowledge, skills and attributes pupils need to thrive now and in the future.

Our Core Values

Our core values of Love, Teamwork and Courage underpin all aspects of school life, including our PSHE and RSE curriculum. They guide how we teach, how pupils learn and how we support one another as a community. Through these values, we ensure that children feel safe, develop a strong sense of belonging and are equipped with the confidence and resilience to succeed.

Love is the key to being Safe

We nurture kindness, compassion and care so that everyone feels safe and valued.

- We trust one another
- We are loved for who we are
- We are valued

Teamwork is the key to Belonging

We build strong relationships and a sense of community where everyone feels included.

- We respect each other
- We are stronger together
- We include everyone

Courage is the key to Success

We encourage resilience, bravery and challenge so children achieve their full potential.

- We are ready learners
- We are brave
- We challenge ourselves

Statutory Requirements

This policy reflects current legislation and guidance, including:

- Department for Education - RSHE Statutory Guidance (2025)
- Keeping Children Safe in Education (2025)
- Children and Social Work Act (2017)

- Equality Act (2010)

Terminology

Pupils are taught correct, age-appropriate language in line with DfE guidance.

- Younger children may use the term *private parts*
- Correct scientific terms (e.g. penis, testicles, vagina, vulva) are introduced progressively from Year 3

This supports safeguarding, understanding and respectful communication.

Curriculum

Our curriculum is delivered through the **1Decision PSHE scheme**, from EYFS to Year 6, supplemented where necessary.

It is progressive, inclusive, age-appropriate and evidence-informed, covering:

- Mental health and wellbeing
- Relationships and respect
- Online safety
- Physical health and puberty
- Personal safety and safeguarding
- Diversity and inclusion

Sex Education is taught in Year 6 in the Autumn Term.

Aims

We aim to support pupils to:

- Feel safe, valued and confident (Love)
- Develop positive relationships and a sense of belonging (Teamwork)
- Show resilience, independence and courage in learning (Courage)
- Understand and manage emotions in a way that is appropriate to their age and stage of development
- Stay safe, including online
- Respect diversity and challenge discrimination

Teaching and Learning

Teaching is active, inclusive and discussion-based. Content is delivered in a way that is appropriate to the age and maturity of pupils. A safe environment is established through clear ground rules.

Our curriculum is delivered through the 1Decision scheme, which provides:

- A spiral curriculum from EYFS to Year 6
- Clear progression in knowledge and skills
- Full coverage of statutory Relationships and Health Education
- Integration of safeguarding, online safety and wellbeing throughout

Our values underpin learning:

- Love → safe and supportive classrooms
- Teamwork → collaboration and respect
- Courage → challenge and resilience

The programme is adapted where necessary to meet the needs of pupils and reflect the school's core values of Love, Teamwork and Courage.

Safeguarding

PSHE and RSE are central to safeguarding.

Pupils are taught to:

- Recognise risk
- Report concerns
- Seek help
- Know that they should speak to a trusted adult and will be taken seriously

Our values support safeguarding:

- Love → feeling safe and heard
- Teamwork → knowing support is available
- Courage → speaking up

Visitors invited to support the delivery of PSHE will be required to follow our usual visitor protocols.

All staff follow KCSIE 2025 procedures.

Inclusivity

The curriculum reflects the diversity of modern Britain and is inclusive of all pupils.

Teaching includes:

- Different families
- Respect for protected characteristics

- Challenging stereotypes

Parents and Carers

We work in partnership with parents and carers through:

- **Clear communication** - information shared each term via the class termly overview
- **Curriculum transparency** - curriculum overviews and information available on the school website
- **Consultation opportunities** - annual opportunities to meet with the PSHE Lead and Headteacher to discuss the curriculum and provide feedback

Right to Withdraw

We recognise that parents and carers play a key role in supporting their child's understanding of relationships and health. Parents have the right to request that their child is withdrawn from the non-statutory elements of Sex Education (Year 6 only).

Parents cannot withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science

If a parent wishes to discuss withdrawal, we encourage an initial conversation with the teacher and/or Headteacher. This provides an opportunity to:

- understand the content being taught
- discuss any concerns
- ensure clarity about what is statutory and non-statutory

If, following this discussion, a parent still wishes to proceed, a written request should be made to the Headteacher. The school will respect this request and make appropriate alternative arrangements for the pupil.

Roles and Responsibilities

Governing Body:

- Has overall responsibility for the policy
- Ensures the policy is compliant with statutory requirements
- Ensures the curriculum is inclusive and non-discriminatory
- Reviews the policy annually

Headteacher

- Oversees day-to-day implementation of the policy
- Ensures staff are supported and trained

- Handles any complaints related to PSHE and RSE in line with the school's complaints policy
- Ensures safeguarding procedures are followed

PSHE Lead

- Coordinates the PSHE/RSE curriculum (1Decision programme)
- Monitors and evaluates provision across the school
- Provides guidance and training for staff
- Reviews and updates the policy in line with guidance

Staff

- Deliver PSHE and RSE in a sensitive and age-appropriate way
- Model positive attitudes and behaviours
- Respond to pupils' needs and questions appropriately
- Follow safeguarding procedures and report concerns
- Support pupils in line with the school's values (Love, Teamwork, Courage)

Parents and Carers

- Are consulted on policy development and changes
- Are informed about curriculum content and delivery
- Work in partnership with the school to support children's development

Assessment

Assessment is formative and based on discussion and observation.

Monitoring and Review

This policy is reviewed annually.

Review and Approval Date	May 2026
Signed by Chair of Governors	
Signed by Headteacher	
Next Review Date	May 2027



Appendix

EYFS (1Decision - Early Years Foundation)

In EYFS, PSHE is delivered through Personal, Social and Emotional Development (PSED) and aligns with the 1Decision early years content.

Focus areas include:

- Building secure relationships and a sense of safety (Love)
- Developing independence and confidence
- Managing feelings and behaviour
- Beginning to understand friendships and cooperation (Teamwork)
- Exploring right and wrong and making simple choices (Courage)

Learning is supported by the 1Decision Early Years curriculum and is play-based, discussion-led and embedded in daily routines.

Key Stage 1 (Years 1-2)

The 1Decision programme introduces core PSHE themes through age-appropriate units:

- Keeping safe (including online safety basics)
- Feelings and mental wellbeing
- Friendships and respect
- Bullying and how to get help
- Healthy lifestyles

Pupils begin to:

- Recognise emotions and talk about them
- Understand simple rules for safety
- Develop early teamwork and cooperation skills

Lower Key Stage 2 (Years 3-4)

The curriculum builds on prior learning through:

- More detailed online safety (including risks and reporting)
- Managing friendships and conflict
- Introduction to body changes and privacy
- Respect for differences and diversity
- Developing resilience and self-esteem

Pupils are supported to:

- Make informed choices
- Understand boundaries
- Work collaboratively and respectfully (Teamwork)

Upper Key Stage 2 (Years 5-6)

The 1Decision programme prepares pupils for transition to secondary school, including:

- Puberty and changes to the body (Year 5/6)
- Relationships and respect
- Online safety, including social media and risk
- Mental health and coping strategies
- Basic understanding of reproduction (Year 6 Sex Education)

Pupils develop:

- Confidence to ask questions and seek support
- Understanding of consent and personal boundaries (age-appropriate)
- Courage to make safe and responsible choices

Sex Education is delivered in Year 6 and follows statutory guidance.

Statutory Coverage (Relationships and Health Education)

The 1Decision programme ensures full coverage of statutory Relationships and Health Education requirements.

Relationships Education

- Families and people who care for me → EYFS-Y6 (progressive understanding of family diversity)
- Caring friendships → EYFS-Y6 (friendship skills, conflict resolution)
- Respectful relationships → Y1-Y6 (respect, kindness, anti-bullying)
- Online relationships → Y1-Y6 (online behaviour, safety, reporting)
- Being safe → EYFS-Y6 (boundaries, consent, seeking help)

Health Education

- Mental wellbeing → EYFS-Y6 (emotions, resilience, support)
- Internet safety and harms → Y1-Y6 (risks, screen time, online conduct)
- Physical health and fitness → EYFS-Y6 (active lifestyles)
- Healthy eating → EYFS-Y6 (balanced diet, choices)
- Drugs, alcohol and tobacco → Y3-Y6 (age-appropriate understanding of risks)
- Health and prevention → EYFS-Y6 (hygiene, routines, sleep)
- Basic first aid → Y3-Y6 (seeking help, emergency response awareness)

This coverage is delivered through a spiral curriculum, ensuring that knowledge and skills are revisited and deepened each year.