

Stepping Stones School



PSHE Policy 2026-2027

Written by: K Greenwood

To be reviewed: Sep 2027

Associated Policies:

Values Education (inc. British Values)

Anti Bullying

Healthy Eating

Drug & Alcohol

Personal, Social, Health and Economic (PSHE) Education (including Relationships and Sex Education) is the school subject through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. PSHE education develops the essential life skills, knowledge, and attitudes to lead healthy, productive, and fulfilling lives, and thrive as individuals, family members and members of society.

At Stepping Stones we recognise the fundamental importance of equipping our pupils with the knowledge, skills, and attitudes necessary to navigate the challenges of their personal, social, health, and economic lives. Our PSHE Education Policy outlines our commitment to providing a comprehensive and age-appropriate PSHE curriculum that fosters holistic development, it underscores our dedication to nurturing well-rounded individuals equipped with the knowledge and skills to thrive in a complex world. We ensure that our pupils are prepared to make informed decisions, build meaningful relationships, prioritise their well-being, and contribute positively to society.

Intent

The Stepping Stones PSHE education program has been developed to empower our pupils to lead healthy, responsible, and fulfilling lives, both during their time at Stepping Stones and beyond. Through our PSHE curriculum, we aim to:

- Develop pupils' self-awareness, emotional intelligence, and resilience.
- Foster positive relationships, communication skills, and empathy.
- Enhance pupils' understanding of physical and mental health, promoting well-being.
- Provide comprehensive and accurate information on relationships, sex, and personal safety.
- Equip pupils with financial literacy and economic awareness to make informed decisions.
- Promote social responsibility and respect for diversity.

Implementation

Our PSHE education program is implemented through a well-structured and sequenced curriculum, designed to reflect the needs of all learners at our school. A weekly PSHE lesson will be delivered in each class alongside a weekly SEMH lesson. British Values lessons will be explicitly explored as part of our weekly focus values cycle.

The implementation strategies include:

Curriculum Design: Our PSHE curriculum is designed using the PSHE Association Curriculum Model and the PSHE Association Programme of Study, to progressively build upon pupils' prior knowledge and experiences, ensuring relevance and age-appropriateness. Our curriculum includes all content from the statutory RSHE guidance.

Our lessons cover:

Statutory RSHE Guidance		Non Statutory
Relationships Education	Health Education (Health & Wellbeing)	Economic Wellbeing & Careers Education
Families and people who care for me Caring relationships Respectful, kind relationships Online safety and awareness Being safe	General wellbeing Wellbeing online Physical health & fitness Healthy eating Drugs, alcohol, tobacco and vaping Health protection and prevention Personal safety Basic first aid Developing bodies	Economic wellbeing Careers education: aspirations, learning and work

Lesson Delivery: Teachers undergo regular training to deliver interactive and engaging lessons that encourage participation, discussion, and critical thinking. Lesson content is delivered from PSHE Association units or PSHE Association suggested resources.

Assessment: Regular assessments, reflective activities, and projects are used to gauge pupils' understanding and track their progress.

Inclusivity: Our curriculum addresses diverse needs and backgrounds, respecting cultural sensitivities and providing a safe space for all pupils to learn and share.

Parent/Carer Engagement: We encourage parents and guardians to be actively involved in their child's PSHE education, through our communication on Class Dojo.

Impact

We measure the impact of our PSHE education program through lesson assessments and observable changes in pupils' behaviour, attitudes, and overall well-being. We expect to see:

- Improved communication skills, leading to healthier relationships and conflict resolution.
- Increased awareness and understanding of mental health, resulting in reduced stigma and improved support-seeking.
- Decreased incidents of bullying, discrimination, and risky behaviours.
- Enhanced financial literacy skills, leading to responsible financial decision-making.
- Greater respect for diversity and a commitment to promoting equality and inclusion.

Relationships & Sex Education

The DfE's statutory requirements mean schools must teach Relationships Education and Health Education at primary level. This includes learning about families and people who care for us, caring friendships, respectful relationships, online relationships, being safe, physical health and mental wellbeing, and the changing adolescent body, including puberty.

We define 'relationships education' as learning about positive, healthy and respectful relationships, including friendships, families, caring relationships, personal boundaries, consent in an age-appropriate context, and how to stay safe both offline and online. We define 'sex education' as learning about how a baby is conceived and born, presented in an age-appropriate, factual and sensitive way that builds on pupils' understanding of human development and reproduction.

The RSE programme is an integral part of our whole school PSHE education led by our PSHE Subject Leader and taught by our class teachers.

We believe RSE is important for our pupils and school because it equips children with the knowledge, understanding, skills and values they need to develop healthy relationships, make informed decisions, respect themselves and others, and keep themselves safe. It also supports pupils' emotional wellbeing and prepares them for the changes they will experience as they grow.

We ensure RSE is inclusive and meets the needs of all pupils, including those with special educational needs and disabilities (SEND) by providing accessible learning opportunities, adapting teaching approaches where appropriate, using inclusive resources, considering individual needs and ensuring all pupils can participate meaningfully in lessons. We work collaboratively with parents, carers and relevant professionals where appropriate to support pupils' learning.

We ensure RSE fosters equality by promoting respect, inclusion and dignity for all members of our school community. Teaching reflects the protected characteristics set out in the Equality Act 2010, challenges stereotypes and prejudice, celebrates diversity and encourages pupils to value differences while treating everyone with kindness and respect.

Right to Withdrawal: In primary schools, parents/carers have the right to withdraw their child from part or all of sex education. Parents/carers can't withdraw their child from: The relationships education in RSE, health education, content that's taught as part of the science curriculum, e.g. puberty and the human life cycle. If a parent/carer requests for their child to be withdrawn, the child's teacher will meet with the parent/carer, if possible, to discuss the impact of withdrawing the pupil from sex education including: the social and emotional effect of being left out, the pupil hearing an account of what happened in lessons from their peers, which might be inaccurate. Lesson content will be discussed with the parent/carer to ensure they make an informed choice.

Roles of the subject leader

The role of the PSHE/RSE subject leader is to;

- Take the lead in policy development and the production of a programme of study designed to ensure progression and continuity in PSHE (and RSE) throughout the school
- Support colleagues in the development of planning, their implementation of the programme of study and in assessment and record keeping activities
- Monitor progress in PSHE (and RSE) and advise the head teacher on action needed
- Take responsibility for the purchase and organisation of central resources for PSHE
- Keep up to date with developments in PSHE education and disseminate information to colleagues as appropriate
- Provide an annual action plan to maintain an effective and developing PSHE curriculum.
- Raise and maintain the profile of PSHE across school.

Continuous Improvement

We are committed to the ongoing evaluation and enhancement of our PSHE education programme. Feedback from pupils, parents, and staff is solicited and taken into account to make necessary adjustments to our curriculum, resources, and teaching methods. We continuously seek opportunities to align our programme with the latest research and best practices in the field of PSHE education.



APPENDICES

Letters to inform parents of RSE lesson content



Ref: SRE

Tel: 01524 67164

Date: 08/06/26

Dear Parents and Carers,

As a part of your child's education at Stepping Stones we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

One element of our PSHE programme is RSE (Relationships and Sex Education) which is taught in Hazel, Maple and to our Year 6 pupils. Primary schools must deliver an RSE programme that is planned in accordance with DfE statutory requirements.

I am writing to let you know that next half term your child will be taking part in lessons which will focus on the RSE aspect of our PSHE programme in a unit titled ***Me, my body and staying safe***. The content of these lessons is statutory, and parents cannot withdraw their child, however as part of our commitment to positive communication between school and parents/carers we are letting you know about these lessons and the content we will be delivering.

Your child will explore three lessons:

Lesson 1: My special people

They will learn about the special people in our lives and how we care for one another.

Lesson 2: Growing up – the human life cycle

They will learn about how we change as we grow: recognise the main stages of the human life cycle (baby, child, adult) and that the process of growing takes time; describe what changes when people grow from young to old and identify ways children their age might be more independent now than when they were younger.

Lesson 3: Everybody's body

They will learn to name different parts of the body, including genitalia (using the terms vulva, testicles, penis), describe similarities and differences between themselves and others and recognise that some parts of the body are private.

During our RSE lessons the children will have opportunities to ask questions which will be answered openly and honestly, keeping to age appropriate facts. If you are aware of anything that may cause your child discomfort or affect them can you please contact your child's class teacher to discuss in further detail so we can ensure the appropriate support is in place for your child.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website <https://www.steppingstones.lancs.sch.uk/policies/> to download our PSHE Policy for more detail about our PSHE and RSE curriculum.

Yours sincerely,

Katie Greenwood, PSHE Subject Leader



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One element of our PSHE programme is RSE (Relationships and Sex Education) which is taught in Hazel, Maple and to our Year 6 pupils. Primary schools must deliver an RSE programme that is planned in accordance with DfE statutory requirements.

I am writing to let you know that next half term your child will be taking part in lessons which will focus on the RSE aspect of our PSHE programme in a unit titled ***Me, my body and growing up***. The content of these lessons is statutory, and parents cannot withdraw their child, however as part of our commitment to positive communication between school and parents/carers we are letting you know about these lessons and the content we will be delivering.

Your child will explore four lessons:

Lesson 1: Time to change

They will learn about what puberty is, when and why it happens, the physical changes that happen during puberty and will use scientific vocabulary to name male and female body parts, including genitalia (e.g. penis, foreskin, testicles, scrotum, vagina, vulva, breasts, clitoris).

Lesson 2: Menstruation and wet dreams

They will learn about the biological changes that happen during puberty, use scientific vocabulary to describe body parts, including genitalia, explain what happens during menstruation (periods) and explain what is meant by a wet dream.

Lesson 3: Personal hygiene

They will learn about the importance of personal hygiene during puberty, identifying body parts or areas to keep clean during puberty, explaining how to keep them (including products that can be used to manage physical change).

Lesson 4: Emotions and feelings

They will learn about the emotional changes during puberty, naming some of the feelings experiences, understanding how and why emotions can change and where to get help and support for managing puberty.

If you would like to see more details of the content of these lessons and the associated resources please contact our PSHE lead (Katie Greenwood) via a message to your child's class teacher or a direct message to her using Class Dojo by the end of term (Thursday 25th March).

During our RSE lessons the children will have opportunities to ask questions which will be answered openly and honestly, keeping to age appropriate facts. If you are aware of anything that may cause your child discomfort or affect them can you please contact your child's class teacher to discuss in further detail so we can ensure the appropriate support is in place for your child.

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One element of our PSHE programme is RSE (Relationships and Sex Education) which is taught in Hazel, Maple and to our Year 6 pupils. Primary schools must deliver an RSE programme that is planned in accordance with DfE statutory requirements.

I am writing to let you know that next half term, as a Year 6 pupil, your child will be taking part in lessons which will focus on the RSE aspect of our PSHE programme in a unit titled ***Changes in Puberty & Sex Education***. As part of our commitment to positive communication between school and parents/carer we are letting you know about the content of all these lessons (statutory and non-statutory) and the content we will be delivering.

Your child will explore four lessons:

Lesson 1: Puberty recap *STATUTORY*

They will recap the changes that happen during puberty. Describing physical and emotional changes and how to manage them and how to get support or help for issues or worries.

Lesson 2: Puberty – change and becoming independent *STATUTORY*

They will describe some of the changes that happen as someone grows up, identify the range of feelings associated with change and describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities.

Lesson 3: Positive, healthy relationships *STATUTORY*

They will identify different kinds of loving relationships, describe the qualities that enable these relationships to flourish, explain the importance of mutual respect in close relationships and recognise how relationships can change or end and what can help to manage this.

Lesson 4: How a baby is made *NOT STATUTORY*

They will describe some of the features of loving relationships, explain what is meant by consent in a relationship, describe how a baby is made and explain what pregnancy means, how long it lasts and where it occurs.

The content of Lessons 1, 2 and 3 is statutory, and parents/carers cannot withdraw their child. The content of Lesson 4 is not statutory and you have the *right to withdraw your child*.

If you would like to see more details of the content of any of these lessons and the associated resources or if you wish to withdraw your child from lesson 4 then please contact our PSHE lead (Katie Greenwood) via a message to your child's class teacher or a direct message to her using Class Dojo by the end of term (Friday 18th December).

During our RSE lessons the children will have opportunities to ask questions which will be answered openly and honestly, keeping to age appropriate facts. If you are aware of anything that may cause your child discomfort or affect them can you please contact your child's class teacher to discuss in further detail so we can ensure the appropriate support is in place for your child.

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