



ST JOHN'S SCHOOL

SIDMOUTH, UNITED KINGDOM

St John's School Sidmouth PSCE (Personal, Social, Citizenship, Health & Economic Education) Policy (Including Relationships and Sex Education, RSE) and Health Education, statutory from September 2020, updated in line with DfE guidance July 2025)

Reviewed: July 2025
Next Review Date: July 2026

Staff Member Responsible: The Designated Safeguarding Lead (DSL) is the SMT member with overall strategic responsibility for PSCE and RSE.

Context St John's School provides a curriculum that is broad, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, our PSCE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils and society
- Prepares pupils for the opportunities, responsibilities and experiences of later life

Our PSCE policy applies to the whole school: EYFS, Junior School and Senior School. It is designed in line with:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- The updated DfE statutory RSHE guidance (July 2025), effective from September 2026
- Independent School Standards (2014)
- The ISI Inspection Framework 2023

We are actively reviewing and adapting our provision to ensure full compliance with the 2025 guidance in advance of its implementation.

Whole-School Approach Our spiral PSCHÉ curriculum spans EYFS to Year 11, delivered using a hybrid model:

- EYFS: PSCHÉ is embedded daily through the Jigsaw framework. In the EYFS, PSCHÉ is woven into the daily routine through child-led and adult-guided learning. Using the Jigsaw EYFS framework, children are supported to develop self-regulation, emotional literacy, positive relationships and understanding of safety. This aligns with the Personal, Social and Emotional Development (PSED) area of learning in the EYFS Statutory Framework.
- Key learning includes turn-taking, expressing feelings, recognising boundaries, understanding rules and developing respect for others. Children are encouraged to talk about how they feel, ask for help when needed and develop confidence in managing conflict or worries. Teaching is adapted to meet individual needs, including SEND and EAL, and is closely linked with safeguarding and welfare provision.
- Junior School (Years 1–6): PSCHÉ is taught using the Twinkl Life scheme, mapped to the PSHE Association Programme of Study and the 2025 RSHE guidance
- Senior School (Years 7–11): PSCHÉ is delivered using the full Jigsaw 11–16 programme, fully updated to meet the 2025 statutory RSHE requirements

This approach ensures consistency, progression and statutory compliance across all phases.

Aims and Objectives Through PSCHÉ, we aim to:

- Develop self-awareness, empathy and resilience
- Promote mental and physical wellbeing
- Support emotional literacy and healthy, respectful relationships
- Equip pupils to make informed, safe choices on and offline
- Foster British Values: democracy, rule of law, individual liberty, mutual respect and tolerance
- Prepare pupils for adult life, the workplace and wider society

Curriculum Content

EYFS: Jigsaw framework supports early relationships, emotional development and wellbeing. PSCHÉ is integrated into child-led and structured activities. It supports development in line with the EYFS PSED goals, with a focus on emotional understanding, respectful interaction, communication and managing feelings.

Junior School (Years 1–6): Twinkl Life PSHE covers six core themes:

- Growing and Changing
- Being Healthy

- Relationships
- Being Safe
- Living in the Wider World
- Money and Work

Senior School (Years 7–11): Jigsaw 11–16 covers:

- Healthy relationships and friendships
- Consent and sexual health
- Contraception and STIs
- Online behaviour, image-sharing and digital consent
- Online misogyny, incel culture and harmful gender stereotypes
- Pornography and sexual ethics
- Risks of deepfakes and AI misuse
- Emotional wellbeing and mental health
- Substance education
- British Values and citizenship
- Careers and financial education

Content is age-appropriate, progressive and responsive to pupil needs.

Teaching and Learning

- Weekly, timetabled PSCH lessons (approx. 1 hour) across all year groups
- Supplemented by assemblies, themed days and cross-curricular learning
- Interactive teaching methods: discussion, reflection, scenario-based learning
- Clear ground rules to ensure safe, respectful discussion
- External speakers may contribute, with all visitors approved under safeguarding procedures

Safeguarding and Statutory Duties PSCH reinforces safeguarding and promotes a safe culture:

- Staff are trained to respond appropriately to disclosures
- All concerns are referred to the DSL in line with the Safeguarding and Child Protection Policy
- Policy is informed by:

- Keeping Children Safe in Education (2025)
- The Equality Act (2010)
- SEND Code of Practice
- Mental Health and Behaviour in Schools
- Prevent Duty
- DfE RSHE Guidance (2019 and 2025)

Online safety is taught explicitly and recurrently, covering digital boundaries, cyberbullying, online grooming, AI risks and ethical use of technology.

Relationships and Sex Education (RSE) RSE is fully integrated into PSHE:

- Junior School: Focus on families, friendship, respect, and safe relationships
- Senior School: Adds intimate relationships, sexual health, contraception, consent, the law, pornography, online behaviour and harmful stereotypes

Parents have the right to withdraw their child from non-statutory sex education. Requests should be directed to the DSL and considered by the Head of School. Alternative work will be provided.

Inclusion, SEND and Equality

- Lessons are inclusive and adapted to meet diverse learning needs (SEND, EAL)
- LGBTQIA+ representation is embedded within relevant topics and not isolated
- Content is age-appropriate, respectful and mindful of pupils' backgrounds
- Staff differentiate lessons in collaboration with the SENCO

Assessment and Monitoring

- Assessment is formative, using observation, pupil voice, self-assessment and written work
- Monitoring is led by the DSL and Head of Juniors via planning checks, observations and feedback
- Impact is evaluated through pupil engagement, behaviour, wellbeing and safeguarding data

Parental Engagement

- Parents receive yearly curriculum letters outlining PSHE and RSE content
- Parents are encouraged to reinforce key themes at home
- RSHE materials are available to parents on request and sample resources are accessible via the school website
- Pupil voice contributes to curriculum development through surveys and discussion

Staff Development

- Staff delivering PSHE and RSE receive regular CPD and safeguarding training
- Training includes updates on statutory guidance, teaching sensitive topics and online safety

Supporting Documents Available on request or via the school website:

- Jigsaw statutory RSHE mapping (3–11 and 11–16)
- Twinkl RSHE mapping to PSHE Association Programme
- Whole-school internal mapping of PSHE delivery
- Safeguarding and Child Protection Policy
- SEND Policy
- Online Safety Policy