

St Alban's C.E Primary School



PSHE and Citizenship policy (Personal, Social, Health and Economic Education)

March 2026

Renew date: March 2026

Review date: March 2027

Our school vision



Our vision is that all our pupils should grow in:

Faith in God, or be inspired by faith, and in their own ability to fulfil their potential,

Hope to be the best of examples, to work to change themselves and the world for the better, and

Love, reflecting God's love in unselfish love for others.

Our vision is based on the God given virtues of:

FAITH, HOPE AND LOVE

1 Corinthians 13:13

Our school vision and ethos is strongly supported through, and embedded in, the delivery of our PSHE whole-school approach to the curriculum. At our school we are committed to ensuring that the emotional and social needs of all our children are met within our school environment, and we support the development of children's health and wellbeing, self-esteem and confidence.

As part of providing a broad and balanced PSHE curriculum, we are able to nurture and support the spiritual, moral, social and cultural (SMSC) development in young children and promote the fundamental British values in young lives. We support children to develop the knowledge, skills and understanding they need to lead confident, healthy and independent lives, and become responsible citizens. We recognise that our school vision is crucial to this learning and should be at the heart of whole-school development.

1. Staff responsible for PSHE and Citizenship

PSHE and Citizenship Co-ordinator: Jayne Andrews Head of School

Lead Governor: Father Duncan Hegan

Designated Safeguarding Lead: Jayne Andrews Head of School

2. Purpose of the policy

This policy further sets out:

- Our approach to integrating statutory Relationships Education and Health Education within a comprehensive PSHE curriculum, in line with non-statutory programmes of study.
- Our overall aims for delivering PSHE
- Our definitions for Relationships Education and Health Education
- Guidance for staff and outside visitors about approaches, organisation and content for our PSHE curriculum
- Information for parents and carers about what is taught and when in PSHE,
- Guidance for monitoring and evaluating PSHE, including arrangements for policy review

3. Policy development

This policy was developed by a working group with representation from Camden PSHE Leads and Senior Leaders.

We have taken account of the

- Statutory guidance on Relationships Education, RSE and Health Education (DfE Feb 2019)
- Camden's example policy June 2021
- Equality Act 2010 and the Public Sector Equality Duty
- Ofsted Inspection framework with particular reference to safeguarding and the judgement on personal development, behaviour and welfare (Ofsted September 2016)
- Providing fundamental British values as part of SMSC in schools, (DfE November 2014)
- Keeping Children Safe in Education (Updated January 2021)

4. Links to other policies

This Policy should be read alongside other related policies:

- Behaviour,
- Anti-bullying (this can be included within the behaviour policy),
- Food policy
- Drug, alcohol and tobacco education and the management of drug-related incidents,
- Relationships Education and Sex Education
- Child Protection and Safeguarding,
- Teaching and Learning,
- Online safety
- Equality Objectives

5. Compliance with Statutory Requirements

Guidance from the DfE under sections 34 and 35 of the Children and Social Work Act 2017 makes Relationships Education and Health Education statutory in all Primary schools. Our policy complies with the following statutory requirements and recommendations, in delivering our PSHE curriculum:

Relationships Education is compulsory in all Primary Schools (or those pupils receiving Primary Education) – this includes academies, free schools and independent schools

Health Education is compulsory in all Primary and Secondary Schools (or those pupils receiving Primary or Secondary Education) – this includes all academies and free schools but not independent schools as PSHE is already statutory in these schools.

In addition to statutory requirements, the DfE continues to recommend that all primary schools should have a **Sex Education** programme tailored to the age and the physical and emotional maturity of the pupils.

As a school we are fully complying with the DfE recommendation to deliver Sex Education beyond statutory Relationships, Science and Health Education requirements. As such we are referring to Relationships Education throughout this policy as Relationships and Sex Education (RSE)

6. Definition of PSHE and Citizenship

PSHE and citizenship are a **planned** part of the curriculum that is also reflected in whole school activities and experiences. It brings together the statutory elements of Health Education and Relationships Education, and the non-statutory aspects which include Sex Education not covered by statutory Science, and citizenship

Relationships Education:

"Relationships Education is learning about the physical, social, emotional and legal aspects of human relationships. These include friendships, family life and relationships with other children and adults. Relationships Education supports our children to be happy, healthy and safe in their connections and interactions with others, now and in the future."

Health Education:

"Health Education is learning about the characteristics of good physical health and mental wellbeing and the equally important role that each of these play in our everyday lives. It explores the important role that physical health has on our mental health and vice versa. Health Education supports our children to be happy, healthy and safe in their health-related choices and behaviours, both physically and mentally, now and in the future."

Citizenship education provides 'knowledge, skills and understanding' to 'play a full and active part in society' (National Curriculum 2014).

The citizenship curriculum helps children

- explore and develop attitudes and values to become informed, active and responsible citizens. develop political literacy and explore social and moral issues,
- distinguish right from wrong and to make a positive contribution to their local, national and global communities.

It covers rights and respect for rights, democracy, pupil participation in school life, the rule of law, respecting difference and local and global communities and how to prevent prejudice and discrimination.

Citizenship is a natural place for many of the current requirements around SMSC, British Values, Safeguarding and the Prevent Duty.

7. Why teach PSHE and citizenship?

We believe that our work on PSHE and Citizenship contributes to our school being a healthy school by enabling children to :-

- Make choices to live healthy lives
- Stay safe
- Develop self-esteem and confidence
- Make a positive contribution
- Respect one another
- Make and maintain positive relationships

Our PSHE and Citizenship curriculum enables us to fulfil our statutory duties to:

- provide a broad and balanced curriculum
- promote the spiritual, moral, cultural, mental and physical development of pupils at the school, and of society
- promote the values of democracy, the rule of law, individual liberty and mutual respect and tolerance described by the DfE as fundamental British Values
- prepare pupils at the school for the opportunities, responsibilities and experiences of later life
- promote pupil wellbeing and community cohesion
- safeguard pupils
- meet the Public Sector Equality Duty to eliminate discrimination, advance equality of the DfE guidance September 2013 on PSHE Education states that "it is an important and necessary part of all pupils' education. All schools should teach PSHE Education, drawing on good practice". It is expected that all schools make provision for PSHE Education."

8. An Inclusive Approach through a Moral and Values Framework

As an inclusive school we value difference and diversity within our school community and the wider world. As such PSHE is delivered within the context of our school aims, values and moral framework, and equal opportunities policy, taking into account the following considerations: (*Choose and use from the list below as appropriate*)

- The school has duties under the Equalities Act, British Values, and the Ofsted framework and must reflect British Law
- Different faiths, beliefs, cultures and sexual orientation should be tolerated and not be the cause for prejudicial or discriminatory behaviour
- Respect for ourselves and others helps develop understanding of the need for non-exploitation within relationships
- We all have rights, duties and responsibilities, we need to know what these are and have the ability to exercise them
- Children are growing up in a diverse world and will need to be able to work, live and play with people from all backgrounds
- Some pupils and staff will identify as LGBT+
- Families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures
- Some children may have a different structure of support around them (for example: looked after children or young carers)

We believe that pupils should receive comprehensive, balanced and accurate information that relates to their needs. The personal beliefs and attitudes of teachers will not influence the teaching of any elements of PSHE. For example, care is taken to ensure there is no stigmatisation of children based on their different home circumstances when teaching about the importance of marriage, or stable relationships, for family life and bringing up children

In exploring their own feelings and attitudes, and those of peers and the wider society, our pupils are able to develop values on which to base decisions about relationships, health and living in the wider world.

9. Aims of PSHE and Citizenship

This policy outlines our commitment to providing pupils with the knowledge, skills and attributes needed to manage their lives, now and in the future. Delivering a broad and balanced life-skills PSHE curriculum is essential for us in helping our children to stay healthy and safe, while preparing them to make the most out of school, work and life. Through quality delivery, our PSHE programme aims to develop:

- confident individuals who know and understand how to live safe, happy, healthy, fulfilling lives;
- young people who are able to maintain positive, respectful and healthy relationships, within which they can thrive personally and socially;
- responsible citizens who understand they have rights and responsibilities that help them make a positive contribution to society; and
- successful learners who enjoy overall learning, making progress and achieving success

These aims will be achieved by providing pupils with the knowledge, skills, attitudes and attributes to be able to:

- develop confidence to talk, listen and think about feelings and relationships
- address concerns and correct misunderstandings and be able to protect themselves and ask for help
- develop skills to make and maintain positive relationships
- develop positive attitudes and values and respect differences in opinions
- develop a positive self-image and high self esteem
- gain accurate knowledge and understanding about sexuality and relationships
- develop personal responsibility for one's actions
- know where to get confidential advice and support

Early Year and Foundation Stage (EYFS)

PSHE and Citizenship in Key Stage 1 builds on children's prior experiences in the EYFS where teaching and learning are cross-curricular taking a holistic view of the child's needs.

PSHE and Citizenship links most directly to these 3 areas of learning and development within the Foundation Stage:

Personal, Social and Emotional Development: Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development.

Physical development: Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives.

Understanding the world involves guiding children to make sense of their physical world and their community.

10. Content of the PSHE and citizenship curriculum

Statutory content:

Relationships Education (KS 1 & 2: age 5-11 years)

- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Science Curriculum (contributes to Sex Education within RSE)

Key Stage 1 (age 5-7 years)

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years)

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Health Education (KS1 & 2: age 5-11 years)

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drug, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- The Changing Adolescent Body (Puberty)

Non-Statutory Content:

- Living in the Wider World (KS1&2: age 5-11 years)
- Economic Wellbeing
- Being a Responsible Citizen
- Careers

Sex Education and the right to withdraw children

In this school we teach some sex education that is in addition to the science national curriculum and sex education is defined as teaching about sexual intercourse in the context of learning about how a baby is made and a basic understanding of pregnancy and how the baby develops. This is taught in Year 6, usually by the class teacher.

We hope that parents and carers will support this important part of children's education and we will make sure that all parents and carers know what we will be teaching and when. However we understand that some parents may want to educate their children about these particular aspects of sex education and parents have the right to request that their child is withdrawn.

Please view our Relationships and Sex Education Policy [include link] for more information about this

Our scheme of work is based on the Camden Scheme of work which we have adapted to reflect the needs of children at the school.

11. Involving pupils

In order to ensure that the teaching programme reflects the views of pupils we

- consult the school council about what is taught
- involve pupils in evaluating the programme
- assess pupils' prior knowledge before starting some topics to ensure it is relevant to their needs e.g. drug education
- take account of any health-related data available in school or locally as relevant eg packed lunch audit, data from the National Child Measurement Programme

The overview of PSHE taught in the school can be found on the whole school curriculum map on the school website.

9. Where it is taught

PSHE and Citizenship is taught through a range of planned opportunities across the curriculum, a weekly lesson and weekly circle time through BBC News Round and Prayer Circles.

We also organise themed weeks which are mapped across the curriculum which complement and enrich, but do not replace, our planned PSHE teaching programme such as World of Work Week.

This is supported and enhanced through opportunities throughout the school that are a valuable contribution which support children's personal and social development eg Mental Health Awareness Week, Healthy Eating Week, Black History Month, Deaf Awareness Week.

We also promote our aims for PSHE and Citizenship through displays in class throughout the school eg showing positive messages about equality and diversity and showing what children are learning in PSHE and Citizenship.

PSHE and citizenship is also covered by other subjects

- **Science and PE**-healthy lifestyles
- **Drama and literacy**- using stories to consider issues related to relationships and health, as well as discussions about topical issues
- **RE** includes many aspects related to relationships, families and different faiths and beliefs
- **Maths**-financial capability
- **Geography**-citizenship work about different communities and looking after the environment
- **ICT**-online safety and using databases to collate information about different opinions
- **Cooking and nutrition** – diet for a healthy lifestyle

10. How it is taught

The PSHE curriculum will be delivered through a variety of whole class lessons, smaller group work.

All class teachers teach PSHE and Citizenship and where relevant, outside visitors support and enhance the curriculum, such as parents/carers, school nurses, police, fire service, health professionals and theatre in education

All visitors are expected to work within the framework of this PSHE and Citizenship policy and the [Camden protocol for involving outside visitors](#). We make the PSHE and Citizenship policy available to visitors and ask them to consider the following questions in preparation:

- What will they offer that the teachers cannot?
- How can the visitor's sessions be integrated into the PSHE and Citizenship programme, rather than a one off?
- What role will teachers play in the classroom?
- How will the sessions be evaluated?

Teaching methods

Teachers have the same high expectations of pupils learning in PSHE and citizenship as they would in any other subject and in addition we ensure that:

- When starting a new topic we find out children's prior knowledge to help plan the teaching.
- Pupils have opportunities to express their views and listen to others and respect different beliefs and views, to research and evaluate information and make informed decisions.
- Through PSHE teachers promote the values of the school and will challenge opinions or behaviours that are prejudicial or discriminatory or are contrary to fundamental British values
- We set ground rules, particularly when teaching sensitive topics such as RE, to ensure that pupils discuss topics with respect and listen to the views of others, as well as ensuring that pupils and staff do not disclose personal information
- We use a wide range of active teaching methods so that pupils are fully engaged in learning, which include providing challenging tasks appropriate to pupils' needs, questioning, and opportunities to reflect on their learning, setting independent learning tasks, encouraging collaborative working and facilitating discussions. We use activities such as debating, drama, role-play, quizzes, web-based activities and stories

- We use a variety of high quality imaginative resources in our programme. Staff view resources before they are used to ensure that their content is appropriate, relevant and up-to-date, they reflect the diversity of the school and local community, promote positive images and avoid stereotypes eg disabled, non-stereotypical gender roles, different families including same sex parents, ethnic, religious and cultural background
- We set ground rules, particularly when teaching sensitive topics, to ensure that pupils discuss topics with respect and listen to the views of others, as well as ensuring that pupils and staff do not disclose personal information
- Through appropriate planning, involvement of support staff, resourcing and grouping and we meet the needs of all pupils, including those with special educational needs
- In Key Stage 2 classes we have an anonymous question box for pupils to raise questions that they may not feel comfortable about raising in class
- We will always seek to answer children's' questions, taking account of their age and maturity and the appropriateness of the question.

11. Safeguarding and child protection

Teachers cannot promise pupils complete confidentiality. Teachers are clear to pupils what can and can't be kept confidential. If a pupil was to talk to staff about a personal situation, and staff were concerned that they were at risk they will follow the school's safeguarding and child protection procedures.

12. Assessing pupils' progress

We recognise the importance of effective assessment of learning in PSHE and citizenship and use it to inform planning and consolidate or accelerate learning where appropriate. Assessment can also be used to identify vulnerable pupils who may benefit from additional support such as building self-esteem or one to one support. In PSHE and Citizenship we assess

- what knowledge and understanding pupils have gained and its relevance to their lives
- what skills pupils have developed and are able to put into practice
- how pupils' feelings and attitudes have been influenced and changed

Assessment in PSHE education should not be about levels or grades, passing or failing. The model of assessment that is most meaningful in PSHE education is **ipsative** assessment. Ipsative assessment compares the pupil's results against his or her previous results against their previous performance. The benchmark against which progress is measured is the pupil's own starting point; not the performance of others or the requirements of an exam syllabus. This gives us the following model for assessing any learning in PSHE education:

A model for assessment in a series of lessons



1 Baseline assessment

Carry out a baseline assessment before starting a new 'piece of learning' (which might be a single lesson or series of lessons constituting a

2 Assessment for Learning (AfL)

Build AfL into the lesson(s) to gauge understanding, adapt teaching, promote and maximise learning.

Strategies might include building on the baseline assessment, structured questioning, mini-plenaries

3 Assessment of Learning (AoL)

At the end of the 'piece of learning', measure progress from the starting point (AoL). Use this to evidence progress and inform future teaching.

We also identify wider needs through surveys eg

- Mental Health and Well being survey
- Annual Pupil Surveys
- Health Related Behaviour Questionnaire (HRBQ)

13. Monitoring and evaluation

Monitoring

We monitor PSHE and citizenship through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how PSHE and citizenship is being delivered and can be further improved.

The PSHE Co-ordinator or senior manager with responsibility for monitoring, is responsible for the overall monitoring of the quality of PSHE and Citizenship which includes:

- Lesson observations with feedback to teachers
- Looking at a sample of pupils' work
- Looking at curriculum plans/weekly/mid term and termly plans
- Teachers making regular comments on the scheme of work/lesson plans
- Feedback from PSHE and Citizenship co-ordinator, class teachers and pupils about what has been covered
- Discussions at staff meetings
- Discussions at governor curriculum meetings
- Learning walks

Our School Improvement Plan includes subject leadership, which includes PSHE and Citizenship and this is monitored.

Evaluation

We plan opportunities to regularly evaluate PSHE and citizenship.

Pupils participate in a range of activities including:

- Questions and participatory activities at the end of lessons or units of work eg to find out pupils' views about particular activities/resources/lessons
- Questionnaires at the end of some units or as part of an end of year review of PSHE

- Feedback forms/discussions about particular aspects of the teaching eg outside visitors, Theatre in Education, peer education
- Key Stage 2 pupils complete an annual Mental Health and well being which covers aspects of PSHE and Citizenship
- Pupil voice review PSHE and citizenship

Teachers

- Complete evaluations at the end of units and termly.
- Complete feedback forms about particular aspects of the teaching e.g. outside visitors, Theatre in Education, peer education
- Have discussions in staff meetings

The PSHE Coordinator produces an annual end of year Raising Standards Plan that covers quality of teaching, pupils' work, the curriculum and identifies strengths and areas for development.

Governors

We have a governor who is responsible for the oversight of PSHE and ensures that effective monitoring and evaluation of the subject is undertaken and identifies areas for development.

14. Opportunities to promote PSHE and Citizenship throughout the school

In addition to the taught programme, there are a number of activities that promote our aims and outcomes for PSHE and citizenship throughout the whole school. We develop pupils' -

1. *Confidence, responsibility and making the most of their abilities* through positive rewards systems, target setting and class responsibilities
2. *Role as active citizens* through school council, playground friends, community projects, buddy systems, peer mentoring, developing class rules/charters, charity work and consultation on school improvement plan and policies, mock elections, debates, pupil questionnaires
3. *Healthy and safer lifestyles* through the promotion of scooting and walking to school, morning PE clubs, Family fitness circuit, the Daily Mile, lunch time clubs, playground games, annual work week, Mental Health and well being day, and monitoring school meals and packed lunches, Online Safety days.
4. *Good relationships and respect for differences* between people by celebrating different families, cultures and communities

15. Training and support for staff

Our aim is that teachers are confident to teach all aspects of PSHE, including SRE and other sensitive issues, and we ensure staff access high quality professional development annually on PSHE and Citizenship to keep them updated on relevant issues and to ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of PSHE and Citizenship. Our PSHE Coordinator/Subject Lead attends Camden wide PSHE training and networks.

16. Working with parents/carers

Our school sees the personal and social development of pupils as something that is achieved in partnership with parents and carers. We value and extend opportunities for parents and carers to be involved in PSHE and Citizenship through consultation and where appropriate specific input to the curriculum.

We also offer resources and information for parents and carers to support their children in aspects of PSHE and citizenship eg online safety, drug education, healthy eating and organise meeting for parents on RSE and workshops on online safety.

17. Dissemination of the policy

The policy is available on the website.

Any outside contributors involved in PSHE and Citizenship are sent a copy or directed to the website, prior to teaching