



PSHE POLICY

including

Relationships, Sex

and Health

Education Policy

March 2025

This policy will be reviewed annually on or before September 2026

1 Context

1.1 All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

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

1.2 At Christopher Pickering, we use Jigsaw, the mindful approach to PSHE from FS2 through to Year 6. It is an integrated scheme of learning, for Personal, Social, Health Education, with emphasis on emotional literacy, mental health, SMSC and spiritual development. Jigsaw is a unique, spiral, progressive and effective PSHE scheme of work, aiming to prepare children for life, helping them really know and value who they truly are and understand how they relate to other people in this ever-changing world

1.3 Curriculum Intent from PSHCE and Jigsaw: a progression in the knowledge and understanding.

1.4 The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work, which brings consistency, and progression to our children's learning in this vital curriculum area.

1.5 This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

"The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools." DfE Guidance p.8

1.6 Here, at Christopher Pickering Primary School we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and

learning. We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

1.7 To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our children's needs. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

1.8 This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well supported.

1.9 Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance)
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)
- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

1.10 The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE

2 Curriculum

2.1 Learning Themes Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education.

The table below gives the learning theme of each of the six units and these are taught across the school; the learning deepens and broadens every year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1						
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						

2.2 Relationships Education Relationships Education at CPPS will cover:

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

It is important to explain that whilst the Relationships unit in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference unit, which helps children, appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

2.3 Health Education at Christopher Pickering Primary School will cover:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body

It is important to explain that whilst the Healthy Me unit in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. Emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter. Teaching children about puberty is now a statutory requirement, which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw, this is taught as part of the Changing Me unit.

2.4 Sex Education The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'.

At CPPS, we believe children should participate in a programme of sex education before they leave primary school. We define sex education as understanding human reproduction. We believe that all children at CPPS should have access to a sex education programme to enable them to:

- Be safe
- Be provided with the correct scientific terminology and information and taught how to use it in the right context
- Make responsible, informed and healthy choices about their lives now and in the future
- Be respectful of themselves and others to enable them to move confidently through childhood, adolescence into adulthood
- Have the understanding to develop and maintain positive and healthy relationships

At CPPS we intend to teach sex education as part of the PSHE (Jigsaw) curriculum. Puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' unit.

Our definition of sex education as human reproduction means that it will only be taught as part of the following PSHE (Jigsaw) lessons in the Changing Me unit:

- Year 4, Lesson 2 (Having a baby)
- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 3 (Conception to birth)

All other lessons within the Changing Me units across the year groups are mandatory as part of Relationships and Health Education. There is no right of parental withdrawal for relationships and health education.

3 Right to withdraw from Sex Education

3.1 “Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” DfE Guidance p.17

3.2 Christopher Pickering Primary School strongly believes that all children should have access to our sex education programme as outlined above. All parents will be notified prior to the Changing Me unit being taught (second half of summer term) in the termly curriculum newsletter. The school will inform parents/carers in year groups containing Sex Education lessons (Year 4, 5 and 6) by specific letter, which will explain when the lessons will be taught and outlines the parental right of withdrawal.

3.3 If a parent/carer wishes to withdraw their child from Sex Education lessons then they must inform the school in writing a week prior to the lesson taking place in order that alternative arrangements can be made for the child’s education.

3.4 Upon receiving a letter requesting a child be withdrawn, school will make arrangements to discuss this further with parents/carers in relation to the school recommendations for children taking part wherever possible. Copies of the letter and a log of the discussion will be recorded on CPOMS.

4 Consultation with parents

4.1 Resources used to teach the relationship and health education aspects of PHSE (Jigsaw) can be seen by parents/carers in school by making a request to the PHSE Lead (Mrs Kelly Smith).

4.2 Sex education letters to parents/carers of children in Year 4, 5 and 6 will include an invitation for parents/carer to come into school to discuss the content of the lessons and view the resources to be used.

5 SEND

5.1 In line with quality first teaching for SEND pupils in the classroom resources will be differentiated as appropriate to address the learning needs of children in order for them to have full access to the contents of the PSHE (Jigsaw) curriculum.

5.2 In most cases, class teachers will be able to determine if any additional support is required for an individual child to access the PSHE (Jigsaw) curriculum. In some cases, the SENCo and parents/carers may wish to work in partnership with the class teacher to tailor the curriculum for individual pupils.

6 Equality

6.1 The DfE Guidance 2019 (p. 15) states, “Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...”

6.2 LGBT content is integrated fully into the PHSE (Jigsaw) programme of study. It is not specifically taught as stand-alone lessons within units. All pupils will be taught LGBT content in an age appropriate manner at a timely point in the curriculum.

6.3 At CPPS we promote respect for all and value every individual child. However we also respect the rights of our children, families and our staff to hold beliefs, religious or otherwise. Should any content within the PHSE (Jigsaw) curriculum cause parents or carers any concern then we would invite them in to discuss these concerns with the school.

6.4 If the concern is particularly around the content associated with LGBT relationships then the following Jigsaw document can be provided to parents and carers: ‘Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?’ (see Appendix 1).

7 Monitoring and Review

7.1 The Local Governing Body (LGB) monitors this policy on an annual basis. The LGB will give serious consideration to any comments from parents about the PSHE (Jigsaw) programme, and makes a record of all such comments. Governors will be provided with the opportunity to scrutinise and teaching materials to ensure they are in accordance with the school’s ethos.

8 Other Relevant Policies

8.1 The PSHE Policy should be read in conjunction with the following HET and Christopher Pickering Primary School policies:

- Safeguarding (HET/CPPS)
- Well-Being
 - Behaviour
- Anti-Bullying
- SEND (HET/CPPS)
- Equality and Diversity (HET)


Appendix

1. Letters to parents about our 'Changing Me' Topic. FS1 to Y6:

Christopher Pickering Primary School

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1 Burnham Road
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Tel: 01482 352245

E-mail: admin2@cpickering.hull.sch.uk
Website: www.christopherpickeringprimary.co.uk



Headteacher: Mrs J Manson
Deputy Headteacher: Mrs L Leaman

10th June 2022

Dear Parents and Carers,

PSHE - Summer Term 2

As you may already be aware, the Department for Education has made changes to relationships and health education following nationwide consultation. These changes will come into effect from September 2020 and all schools will be required to comply with the updated requirements. At Christopher Pickering, relationships and health education will be taught through Personal, Social and Health Education (PSHE) lessons using the Jigsaw programme (2nd Edition).

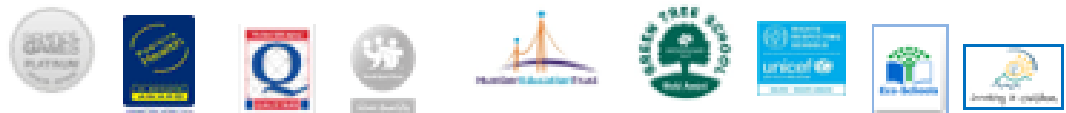
In FS1, the topics covered in PSHE in Summer Term 2 are:

- Naming parts of the body (such as legs, arms, head, eyes, mouth, etc).
- Explaining ways to keep healthy.
- Understanding that we all grow from babies to adults.
- Understanding that I grow and change.
- Expressing how I feel about moving to Foundation Stage 2.
- Remembering some fun things about Foundation Stage 1.

The lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

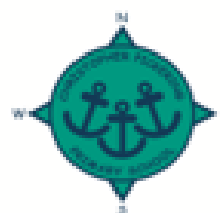
If you have any queries regarding the topics taught this half term, then do not hesitate to speak to your child's teacher.

PSHE Lead



Christopher Pickering Primary School, Registered address: The Compass, 1 Burnham Road, Hull, HU4 7EB, Humber Education Trust is an exempt charity regulated by the Secretary of State for Education. It is a company limited by guarantee registered in England and Wales (company number 06662547), whose registered office is Humber Education Trust, c/o Bob Park Primary School, Cobblers Close, HULL, HU7 4EY

Christopher Pickering Primary School



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E-mail: admin@cpickering.hull.sch.uk
Website: www.christopherpickeringprimary.co.uk

Headteacher: Mrs J Manson
Deputy Headteacher: Mrs L Leaman

Dear Parents and Carers,

10th June 2022

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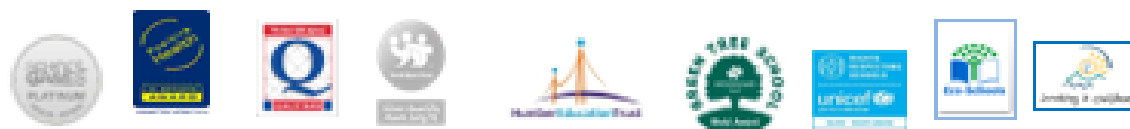
In Year 1, the topics covered in PSHE in Summer Term 2 are:

- Understanding the life cycles of animals and humans.
- Describe things about myself that have changed and stayed the same since I was a baby.
- Identifying the parts of the body that make boys and girls different and using the correct names for these body parts (vagina, penis, testicles, anus).
- Understanding which parts of my body are private.
- Understanding that I change every time I learn something new.
- Understanding what I have learned since I was a baby.
- Describing changes that have happened in my life so far.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

If you have any queries regarding the topics taught this half term, then do not hesitate to speak to your child's teacher.

PSHE Lead



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In Year 2, the topics covered in PSHE in Summer Term 2 are:

- Recognising life cycles in nature.
- Understanding that there are some changes that are outside my control.
- Describing the process of growing from young to old.
- Recognising how my body has changed since I was a baby.
- Recognising the physical differences between boys and girls and using the correct names for these parts of the body (vagina, penis, testicles, anus).
- Understanding that some parts of my body are private.
- Understanding that there are different types of touch and that I like some types (hugs, high fives, etc) and I don't like some types (hitting, kicking, etc).
- Identifying what I am looking forward to when I move into Year 3.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

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In Year 3, the topics covered in PSHE in Summer Term 2 are:

- Understanding the changes that happen from conception to growing old.
- Understanding that female human and animals often have the babies, but that males help look after babies.
- Understanding how babies grow and develop and what babies need to grow.
- Introducing the term puberty and understanding how boys' and girls' bodies change on the outside as they grow up.
- Understanding how boys' and girls' bodies change on the inside as they grow up (their bodies are changing so they are ready to make babies).
- Recognising stereotypical ideas that I may have about parenting and family roles.
- Identifying what I am looking forward to when I move to Year 4.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

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10th June 2022

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In Year 4, the topics covered in PSHE in Summer Term 2 are:

- Understanding that we are all unique and we get some of our characteristics from our birth parents.
- **Being able to correctly label the internal and external parts of the male and female bodies that are necessary for making a baby (sperm, egg, penis, testicles, vagina, womb, uterus, ovaries). CHILDREN CAN BE WITHDRAWN FROM THIS LESSON.**
- Describing how a girl's body changes during puberty (periods).
- Identifying changes that have already happened or will happen in my life.
- Identifying what I am looking forward to when I move to Year 5.

Children can be withdrawn from the lesson on conception (that is highlighted in red). However, the lesson on puberty is compulsory and children cannot be withdrawn from this. Please speak to your child's teacher if you would like to withdraw them from the conception lesson. All lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

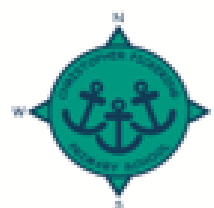
If you have any queries regarding the topics taught this half term or you would like to withdraw your child from the conception lesson, then do not hesitate to speak to your child's teacher.

PSHE Lead



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Deputy Headteacher: Mrs L Leman

Dear Parents and Carers,

10th June 2022

PSHE - Summer Term 2

As you may already be aware, the Department for Education has made changes to relationships and health education following nationwide consultation. These changes will come into effect from September 2020 and all schools will be required to comply with the updated requirements. At Christopher Pickering, relationships and health education will be taught through Personal, Social and Health Education (PSHE) lessons using the Jigsaw programme (2nd Edition).

In Year 5, the topics covered in PSHE in Summer Term 2 are:

- Being aware of my own self and body image and developing my self-esteem.
- Explaining how girls' and boys' bodies change during puberty.
- **Understanding that sexual intercourse can lead to conception and that some people need IVF to help them have a baby. Vocabulary used during this lesson includes: conception, sexual intercourse, fallopian tube, fertilisation, embryo, umbilical cord, contraception and fertility treatment). CHILDREN CAN BE WITHDRAWN FROM THIS LESSON.**
- Identifying what I am looking forward to about becoming a teenager.
- Being confident that I can cope with the changes that growing up will bring.
- Identifying what I am looking forward to when I move to Year 6.

Children can be withdrawn from the lesson on conception (that is highlighted in red). All other lessons are compulsory. Please speak to your child's teacher if you would like to withdraw them from the conception lesson. All lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

If you have any queries regarding the topics taught this half term or you would like to withdraw your child from the conception lesson, then do not hesitate to speak to your child's teacher.

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Dear Parents and Carers,

7th June 2021

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In Year 6, the topics covered in PSHE in Summer Term 2 are:

- Being aware of my own self and body-image and understanding how I can develop my self-esteem.
- Understanding how girls' and boys' bodies change during puberty and expressing how I feel about these changes. Vocabulary used during this lesson includes: vagina, penis, testicles, periods, menstruation, erections, wet dreams.
- Describing how a baby develops from conception through pregnancy.
- Understanding that respect for one another is essential in a relationship and that I should not feel pressured to do something I don't want to do.
- Understanding what it means to have a boyfriend or girlfriend.
- Understanding how to challenge negative body talk.
- Understanding what I am looking forward to when I transition to secondary school.

Sex education was taught to Year 6 during their grown up talk, so will not be taught again. The remaining content, including the content on puberty, is compulsory and children cannot be withdrawn. All lessons will be taught in a way that is appropriate for our pupils in terms of: age, physical and emotional maturity, religious and cultural background and special educational needs and disabilities.

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2. Access to Jigsaw Primary resources:

<https://jigsawpshe.online/materials/pshe-primary/>