



Personal, Social, Health, Relationship Education Policy 2024-2025

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[NCL PSHRE Principles](#)

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1. Consultation

Borough wide consultation has taken place via the Newham PSHRE consultation group with: Pupils, Parents, Community Groups, Faith Groups, Local Councilors, Teachers, OFSTED, School Governors, LA and Professional Associations.

School consultation has also taken place with parents, teachers, governors and students.

Policy statement- Aims and objectives of PSHRE

It is the intention of Lister Community School to teach high quality, age appropriate, pupil-sensitive, evidence based PSHRE, which demonstrates a respect for the law and all communities that call Newham home. PSHRE in Lister Community School should help pupils to learn about themselves and the world they live in, giving them the skills, understanding and information they need for life. This will help them to stay safer and to flourish, not just in childhood, but into adulthood and for the rest of their lives.

2. Statutory content: RHE

By law, secondary schools are required to teach relationships, sex and health education, alongside national curriculum science with-in the context of safeguarding. Here at Lister Community School, we acknowledge that parents are a child's first and most effective teacher, and so we will ensure that we have annual meetings with parents and carers to present our PSHRE curriculum as well as hear from them about any concerns or questions they have. We are clear that our aim is to educate students about these important subjects alongside parents.

National Curriculum Science

At Key stage 3 and 4, the national curriculum for science includes a recap about menstruation and puberty, teaching about human reproduction and birth, including different contraception methods in KS4, and includes drugs education and the study of sexually transmitted infections (STIs), including HIV. At Lister Community School we choose to teach Science in line with the National Curriculum.

There continues to be no right to withdraw from national curriculum science.

Health Education (Physical Health and Mental Wellbeing)

The aim is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing. Pupils will recognise what is safe and what could put them and others at risk, and how to seek support at the earliest stage from appropriate sources.

There is no right to withdraw from health education.

Relationships Education

In secondary school, relationships education builds on what has been learnt at primary school concerning positive relationships and progresses to talk about intimate relationships. Lessons will be evidence based, age and culturally appropriate, based on the law and sensitive to the needs of pupils.

There is no right to withdraw from Relationships Education

Non-statutory PSHRE

Sex Education that goes beyond national curriculum science

All secondary schools must teach sex education that is outside of the national curriculum science, but parents can withdraw their children from sex education. Sex education at Lister Community School will be taught by trained staff in an age appropriate and sensitive way and giving due regard to the law. We believe the teaching of sex education alongside relationship education will help to ready students for their life in 21st century Britain.

The right of parents to withdraw their children from non-statutory PSHRE

Parents have a right to withdraw their children from non-statutory PSHRE, i.e. sex education, following a meeting with a member of the Senior Leadership Team (SLT) to discuss their concerns. The head teacher has the right to deny this request, but must have very strong reasons for doing so. Alternative arrangements will be made for students not attending sex education lessons. The school will document this process. Parents/carers must be able to explain how they are planning on delivering the content to their child themselves. Letters are sent out.

Safeguarding

Safeguarding is an important aspect of all lessons taught as part of PSHRE in our school. Our safeguarding policy will be applied to and supported by all aspects of PSHRE and any disclosures or issues arising as part of PSHRE will be dealt with according to our safeguarding policy.

3. Equality

The school will comply with the relevant requirements of the Equality Act 2010: schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics).

The delivery of the content of PSHRE will be made accessible to all pupils, including those with SEND.

Our school celebrates difference and diversity and bullying of anyone for any reason is not acceptable. It is expected that our relationships education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility, alongside the staff, to keep Lister Community School a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Monitoring, evaluation and assessment

RSE at Lister is taught through a range of methods:

1. PSHRE sessions delivered by trained staff (including, where appropriate, Inclusion staff)
2. Enrichment sessions with external organisations (hyperlink to be added for external organisations we work with)
3. Special events and assemblies

To ensure that the teaching and learning in PSHRE in our school is of the highest standard, it will be monitored by **our Head of PSHRE Jennifer Skuse**.

The school identifies students' prior knowledge through a starting activity that gauges pupils' starting point in terms of their existing knowledge, skills, attitudes and beliefs. This is used to inform the teacher's delivery of the lesson. Then, at the end of the topic, module, or lesson an activity is carried out which allows pupils to demonstrate the progress they have made since doing the baseline activity. For example, pupils do a 'mind-map' of everything they know, think or believe and questions they have about the new topic, then at the end of the module they take a different coloured pen and revisit their original mind-map, adding to it, correcting previous misconceptions, answering their original questions and so on.

PSHRE and SMSC is also assessed through student feedback.

The Safeguarding in the Curriculum Group meets once a half-term to identify local and national trends that may necessitate a change to the curriculum.

4. Resources

The school will draw from a number of educational resources and work closely with the Borough PSHRE Steering Group and PSHRE Association. .

It is the role of the PSHRE subject leader to ensure that resources are appropriate and up to date for the school's use in teaching PSHRE.

Should parents wish to view the resources used to teach PSHRE they should contact the school so a meeting to facilitate this can be arranged.

PSHRE co-ordinator

Any queries about this policy should be addressed to Anna Alexander.

Safe and effective practice:

We will ensure a safe learning environment by:

- Establishing ground rules at the start of the year (and at the start of particularly sensitive lessons);
- Ensuring distancing techniques are used (for example, avoiding the use of specific names and personal stories when discussing sensitive issues);
- Ensuring a safe handling of questions (for example, the use of anonymous questions on post it notes);
- Protecting students who may have higher vulnerability (working closely with the learning support team);
- Signposting further help and support (including how and what will happen next).
- Teachers and pupils will co-construct the class ground rules.
- All staff teaching RSE will be supported by the PSHRE lead and will receive CPD sessions where appropriate. All staff in the school will be presented with the whole school annual PSHRE strategy.

5. Curriculum map and links

Curriculum maps which demonstrate all content covered can be found in the [Curriculum section of the school website](#). This is frequently updated.