WREKIN
PREP

PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE) POLICY, inc RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

Introduction

This policy covers Wrekin Prep's approach to Personal, Social, Health and Economic Education (referred to as PSHE throughout this policy). To achieve true success, pupils must develop holistically: socially, physically, intellectually, creatively and emotionally. PSHE is not merely a peripheral subject at Wrekin: it is the heartbeat of our curriculum, designed to equip pupils for the complexities of life in the 2020s.

This policy has been produced by the Prep School PSHE subject lead and covers the Early Years Foundation Stage and Years 1-6. It has been produced in consultation with the Deputy Head of the Prep School and the Deputy Head (Pastoral) of the Senior School who is responsible for Wrekin College's (Senior and Sixth Form) policy.

Parents, carers and guardians will be able to access this policy on the school's website, or in hardcopy format if requested.

Our PSHE programme is compulsory for all pupils. As an independent primary school, Wrekin Prep is required to provide Relationships Education and Health and Wellbeing Education. Sex Education is not statutory at primary level beyond the National Curriculum for Science but is taught in an age appropriate manner as part of the school's broader PSHE provision.

At Wrekin Prep, we recognise that high-quality Relationships and Sex Education (RSE) and Health Education are essential to pupils' personal development, wellbeing, and safety. This supports children to develop the knowledge, skills, and attitudes they need to form positive relationships, manage emotions, stay healthy, and make informed decisions as they grow. This policy sets out the school's approach to Relationships and Sex Education (RSE) and Health Education in line with statutory guidance and reflects our commitment to safeguarding, inclusion, and promoting pupils' physical and mental wellbeing. As an independent primary school, Wrekin Prep is required to provide Relationships Education, Health and Wellbeing Education.

While the school operates with a clear Christian ethos, our teaching is inclusive, factual, and non-judgmental. This policy has been developed in accordance with:

- The Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (DfE)
- Keeping Children Safe in Education
- The Equality Act 2010

Rationale

The purpose of the PSHE curriculum at Wrekin Prep is to promote the spiritual, moral, cultural, mental and physical development of pupils at the school and to prepare them for some of the opportunities, responsibilities and experiences of later life. This preparation for life involves self-knowledge; an understanding of the needs and motives of human beings; knowledge about their own health and bodies, and the importance of choice. PSHE education at Wrekin Prep is a planned programme of learning through which pupils acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole school approach, it develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

Core Objectives

Through a spiralled and age-appropriate curriculum, we aim to enable the children to:-

- Know and understand what constitutes a healthy lifestyle.
- Be aware of safety issues (the real/virtual world).
- Understand what makes for good relationships with others.
- Have respect for others regardless of race, gender, mental and physical disability and beliefs and sexuality.
- Be independent and responsible members of the school community.
- Be positive and active members of a democratic society.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the
- wider community.
- Understand the impact that money has on our British society and the world around us.
- Make financial choices and understand how to budget.
- Develop their understanding of British democracy.

The values promoted in our PSHE curriculum are inherently incorporated into the fabric of our school through assemblies, community events, support for charities and in our day-to-day living. They significantly contribute to the school's safeguarding and equality duties as well as the SMSC development opportunities provided for the children.

The PSHE programme promotes the fundamental British values:

- Democracy and the Rule of Law – Understanding rights, responsibilities and the legal framework of the UK.
- Individual liberty – encouraging the freedom to make informed, safe choices.

- Mutual respect and tolerance – celebrating diversity and respecting those with different faiths, beliefs or identities.

The aims of the PSHE programme are closely linked with the aims of the school:

The Aims of Our School

Across the entire college, our shared commitment is to guide every pupil along a seamless path of personal and academic development, equipping them with the confidence, integrity, and skills to flourish in the modern world.
We aim to:

- Inspire Curiosity and Challenge: Spark a lifelong love of learning and empower every pupil to be the best version of themselves.
- Nurture Well-Being and Resilience: Build character, emotional strength, and the confidence to take on responsibility and new challenges.
- Celebrate Individual Excellence: Recognise every success—academic, creative, or personal—and value each pupil's unique contribution.
- Instil Strong Core Values: Guide pupils to act with kindness, courtesy, and respect for others, their community, and the environment.
- Prepare for Life Beyond: Seamlessly equip confident, balanced young people to thrive in every stage of their education and, ultimately, in higher education, careers, and the wider world.

Commitment

Wrekin Prep is committed to providing PSHE for all pupils. PSHE is taught by class teachers during weekly timetabled PSHE lessons following a Programme of Study for each specific year group. At Wrekin Prep, we use the 1st Decision Personal Development Programme for Years 1-6.

PSHE at The Foundation Stage (also known as PSED)

We teach PSHE and citizenship in our Early Years as an integral part of our daily routine. In Reception we relate the PSHE and citizenship aspects of the children's work to the objectives set out in the Early Learning Goals (ELGs). Our teaching in PSHE and citizenship matches the aim of developing a child's personal, social and emotional development as set out in the ELGs. We also support citizenship education in Reception, when we teach 'how to develop a child's knowledge and understanding of the world'.

PSHE at Key Stage 1 (Lower School) and Key Stage 2 (Upper School)

Pupils learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their communities. They

become more mature, independent and self-confident. They learn about the wider world and the interdependence of communities within it. They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues and political and social institutions. They learn how to take part more fully in school and community activities. They are encouraged to take on roles of responsibility. As they begin to develop into young adults, they face the changes of puberty and transfer to secondary school with support and encouragement from the School. They learn how to make more confident and informed choices about their health and environment; to take more responsibility, individually and as a group, for their own learning; and to resist physical, emotional or cyber bullying.

The threads of PSHE run through many aspects of school life, including links with specific subject areas:
● Science and Physical Education include many aspects of health and keeping safe:
● IT covers many issues related to online safety;
● Drama and English cover social and moral issues related to relationships and health;
● History and Geography cover many issues related to citizenship, cultural diversity and the environment;
● Religious Studies includes many aspects related to relationships, diversity and self awareness.

PSHE supports, and is underpinned by, key school policies including those related to teaching and learning, behaviour, equal opportunities, health and safety.

Pupils' Needs

The PSHE programme is designed to meet the needs of pupils at Wrekin Prep. It is differentiated throughout the year groups to ensure progression through activities that are appropriate to pupils' stages of learning and development. Whilst the planned programme aims to provide sufficient structure and teaching materials, the intention is that it is not entirely prescriptive, providing some flexibility to the teachers so that they can respond to the particular demands of their group as and when the need arises (see paragraph on Equity, Accessibility and SEND).

Entitlement

Pupils are entitled to PSHE that meets professional standards of practice, including the Government's Relationships Education, Relationships and Sex Education (RSE) and Health Education curriculum, and it is person-centred and impartial. It will be integrated into pupils' experience of the whole curriculum and be based on a partnership with pupils and their parents/guardians.

Management and Delivery

Jill Spence (Y6 teacher and PSHE lead) oversees the PSHE programme at Wrekin Prep. PSHE is delivered by class teachers who know the children well with timetabled lessons each week. Teachers enjoy good relationships with their pupils and build on these positive relationships to encourage openness and discussion. The teaching of PSHE must be sympathetic to the age of the children and their backgrounds. Teachers are aware of family backgrounds and dynamics and ensure that teaching materials are sympathetic to individual needs.

Wrekin maintains a robust vetting process for all external speakers. In line with Keeping Children Safe in Education, the PSHE lead and / or a member of SLT will review all presentation materials and handouts in advance to ensure that they are age-appropriate, evidence-based and aligned with the school values. A member of teaching staff will remain present during all externally led sessions.

Details of the content of PSHE are found in the departmental folder and an overview can be found here.

PSHE 2026 2027 Overview.docx

(Note: for access outside of the Wrekin College domain, these links may initially require a user to request for permission to view them.)

Statutory Relationship and Health Education

At Wrekin Prep, we use the 1 Decision Personal Development Programme to teach Relationship Education and Health and Wellbeing Education.

RSHE is made up of three interrelated components.

Relationships Education (Statutory)

Relationships Education supports pupils to develop healthy, respectful relationships. This includes learning about:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness

- Being safe, including boundaries, consent, and safeguarding in an age-appropriate way

Health and Wellbeing Education (Statutory)

Health Education supports pupils to understand how to maintain their physical and mental wellbeing. This includes:

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

Sex Education (Non-Statutory)

Sex Education, where taught beyond the statutory science curriculum, is:

- Carefully planned and age-appropriate
- Delivered sensitively and inclusively
- Clearly communicated to parents and carers

Additional sex education does not include explicit teaching about sexual activity. Parents and carers have the right to withdraw their child from non-statutory sex education.

Curriculum Provision

Alongside dedicated lesson time, learning opportunities happen across and beyond the curriculum. This could be in specific lessons, and in assemblies, chapel, circle time, special school projects and other activities and events that enrich pupils' experiences. The very nature of PSHE requires that it is flexible and able to respond to specific issues and incidents that occur

throughout the school year. Wrekin Prep has a structure that allows for that flexibility whilst ensuring that the necessary elements of the curriculum are covered at the appropriate level for each year group. Teachers may adapt sequencing or revisit content in response to emerging pupil needs, such as safeguarding concerns or wellbeing issues.

Assessment

Pupils will identify their own prior knowledge of a topic at the beginning of a topic and this will be regularly reviewed throughout the learning. Teachers will check pupils' understanding of key concepts throughout learning and at the end of a topic to ensure that learning has been effective. Work will be marked in line with school assessment policy.

Equity, Accessibility and SEND

Teaching will take into account the age, ability, readiness, and cultural backgrounds of pupils to ensure that all can fully access the provision at Wrekin Prep.

Teaching is inclusive and reflects the needs of all pupils.

For pupils with special educational needs or disabilities (SEND), RSHE is adapted to ensure accessibility by:

- Using clear and consistent language and visuals
- Breaking learning into smaller steps
- Providing additional scaffolding or repetition
- Considering pupils' emotional and developmental needs

Careful consideration will be given to the delivery of this material and adapted as appropriate. Teachers and/or teaching assistants will work with individuals as appropriate in order to facilitate all pupils' access to the programme, taking specialist advice if necessary.

Learning Environment

Lessons are delivered within a safe, supportive, and respectful learning environment where pupils feel able to participate and ask questions appropriately.

To support this:

- Ground rules are agreed with pupils to promote respect, confidentiality, and appropriate discussion
- Correct and age-appropriate terminology is used sensitively by staff
- Teaching approaches such as distancing techniques are used where appropriate, allowing scenarios and examples to be discussed without personalising experiences
- Opportunities are provided for pupils to ask questions in a range of ways, including anonymous question boxes or written questions, to reduce pressure and support pupil confidence

- Personal disclosures are not encouraged during lessons, and pupils are reminded that sensitive concerns should be shared with a trusted adult
- Pupils are signposted to trusted adults and support systems within the school for further help or discussion

Teaching is underpinned by the school's safeguarding procedures. Any disclosures or concerns arising from RSHE lessons are handled in line with the Safeguarding and Child Protection Policy.

Parent Consultation

Wrekin Prep operates a policy of full transparency regarding PSHE and RSHE. Parents are provided with a termly overview of the curriculum and have the right to view all teaching materials and resources used. These materials are available for inspection upon request. While we respect the intellectual property of our resource providers, copyright will not be used as a barrier to parental transparency. This policy will be reviewed annually and is available on the school website. During the process of reviewing the policy in Lent term 2026, parents were consulted and views were gathered.

Parental involvement is key in helping us develop and review the programme offered. Parents will be informed of their rights to withdraw their child from some or all of the sex education delivered as a part of the RSE programme. A record will be kept of any such requests and discussions that take place between school and parents regarding them.

Monitoring, Review and Evaluation

The PSHE programme was updated in September 2025 and the 1 Decision programme was introduced at this stage. A review of curriculum provision took place in the summer term of 2026. The RSHE curriculum was developed ahead of the statutory changes which came into effect in September 2026. The PSHE programme is reviewed annually in line with statutory governmental policy changes.

The new curriculum will be regularly reviewed and feedback from teachers, pupils and parents is welcomed. The Programme will undergo an annual review by the PSHE lead to ensure that pupil needs are being met and to continue to look for ways to enhance the PSHE teaching at Wrekin Prep.

This policy should be read alongside other school policies, including …

- Safeguarding and Child Protection Policy
- Positive Relationships and Behaviour Policy
- Equality, Diversity and Inclusion Policy
- Online Safety Policy

- SEND Policy
- Anti-Bullying Policy

This policy has been written with reference to the following document:

Relationship Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

Last review: October 2026 (Jill Spence)

Date for next review: September 2027

Note - In October 2026 the policy was updated to be in line with the Senior School Policy combining the PSHE and RSHE policies. The new whole school aims were also added (published in October 2026).