

Wrekin College

PSHE Policy

2026/2027

Updated September 2026 - CDX and BSH

Contents

Introduction	**3**
How PSHE is delivered at Wrekin	
Definition of Personal, Social, Health and Economic Education (PSHE)	**3**
Subject Content	**4**
How PSHE is Taught	**4**
How is PSHE Monitored and Evaluated?	**5**
The Right to Withdraw your Child	6
Appendix A – Overview of Subject Content	9
Appendix B – Government Guidance	

Introduction

This policy has been written in accordance with all relevant legislation and the Department for Education (DfE) Statutory Guidance on Relationships Education, Relationships and Sex Education (PSHE) and Health Education (2019), alongside the updated statutory guidance published in July 2025, which will become mandatory from September 2026.

It has been reviewed and approved by the Leadership Team and relevant School Governors.

The PSHE Policy is reviewed annually by the Deputy Head (Pastoral) and the Head of PSHE and is made available to all parents and guardians on the school website.

Our school's mission for our pupils is to help every pupil discover and become their best self and our PSHE education programme aims to give our pupils the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE is underpinned by the values of the school.

Definition of Personal, Social, Health and Economic Education (PSHE)

PSHE Education is a statutory school curriculum subject designed to help children and young people stay healthy, safe, and prepared for life, citizenship, and work in modern society. It plays a vital role in safeguarding pupils.

PSHE lessons revolve around three main themes;

- **Health and Wellbeing:**
- **Relationships:**
- **Living in the Wider World:**

Wrekin College builds on the foundation of PSHE taught at Wrekin Prep, and other primary schools from which our pupils arrive.

RSE (Relationship and Sex Education) is embedded within the PSHE curriculum. Through effective PSHE lessons and dedicated talks, Pupils are supported in understanding the reasons for making informed and responsible choices.

Subject Content

An overview of the PSHE programme of study is set out in Appendix A. It has been created in line with statutory requirements outlined in the DfE Statutory Guidance.

How PSHE is delivered at Wrekin

PSHE is delivered in a range of ways:

Through PSHE lessons within the timetable:

- **Third Form (Year 9):** one 55-minute lesson per week
- **Fourth Form (Year 10):** one 55-minute lesson per week

- **Fifth Form (Year 11):** one 55-minute lesson per fortnight
- **Lower Sixth (Year 11):** one 55-minute lesson per week
- **Upper Sixth (Year 12):** one 55-minute lesson per week

Additional provision:

- Assemblies dedicated to topics such as Online Safety and Mental Wellbeing
- Year group presentations with specialist PSHE speakers (e.g. Bereavement and addiction)
- Input from the school Wellbeing Centre, including our school nurse who delivers sessions on Sexual Health and CPR.
- Whole-school event days such as Anti-Bullying Week and Mental Health Awareness Day

All sessions take place within the school day.

Who is Responsible for Teaching PSHE?

PSHE education is led by Caroline Desvaux and delivered by tutors, as well as our school nurse and specialist external speakers.

Teachers responsible for teaching PSHE receive training through in-school staff training during INSET days and online training provided by the PSHE Association. Each member of staff has access to the PSHE Association hub of training resources.

Additional reinforcement is provided by House pastoral teams and our school counsellor.

How is PSHE Monitored and Evaluated?

PSHE is monitored and evaluated through:

- Termly meetings between the Deputy Head (Pastoral) and Head of PSHE
- Termly safeguarding review meetings
- Ongoing support and communication with PSHE teaching staff
- Annual teacher feedback questionnaires
- Pupil voice (feedback, surveys, question boxes)
- Pupil feedback informs ongoing curriculum development and adaptation
- Annual subject content review
- Use of high-quality resources (e.g. The PSHE Association, NSPCC, The Economist etc.)
- Pupil assessment (including baseline assessments)
- The impact of the PSHE programme is evaluated through a combination of pupil outcomes, safeguarding trends and pupil confidence in reporting concerns. This ensures that the curriculum remains responsive, relevant and effective in meeting pupils' needs.

Explanation of the Right to Withdraw

Pupils may not be withdrawn from PSHE or the statutory elements of Relationships and Sex Education. However, as described in Government guidance, parents have a right to withdraw their child from Sex Education delivered as part of PSHE, up to three terms before their child turns 16- the legal age of consent. In such cases a meeting with the Deputy Head (Pastoral) is required.

Owner: DB – Deputy Head (Pastoral)
CDX – Head of PSHE

Updated: November 2026

Next review: November 2027

Appendix A – Overview of Subject Content

Wrekin School PSHE Curriculum Overview 2026/27

Year Group	Christmas Term	Lent Term	Summer Term
First Form (Year 7)	**Health & wellbeing** • Baseline test and setting ground rules • Thriving in secondary school • Goal setting • Healthy vs unhealthy relationships • Friendship & Empathy • Friendship challenges • Bullying and bystanders • Managing Emotions • Managing Distractions • Developing positive thinking habits • Healthy eating • Exercise • Dental hygiene • Healthier Sleep Habits • Endline assessment (revisiting baseline to check progress)	**Relationships** • Families - Understanding changing relationships • Families-Roles in the family • Managing change, loss and grief • Similarities, differences & peer influence • Protected Characteristics • Contributing to my community • Hate crime and radicalisation • Endline assessment (revisiting baseline to check progress) • Puberty and emotional changes • Menstrual wellbeing • Talk by Mary Moore on Contraception and Sexual Health • Something's not right-disclosure lesson • Introduction to Consent • How does generative AI affect our understanding of the world	**Living in the wider world** • Making spending decisions • Budgeting • Getting a job • The Impact of Inflation • The Critical Consumer • Budgeting for a holiday • First aid and CPR • Emotional wellbeing • Personal hygiene • Strategies for overcoming challenges • Endline assessment (revisiting baseline to check progress)
Second Form (Year 8)	**Health & wellbeing** • Baseline test and setting ground rules • Skills for working with others • Bullying; Similarities, differences & peer influences • Healthier Sleep Habits • HPV educate • Personal Safety-Firework safety • Personal safety-keeping safe on the roads • Emotional wellbeing and Mental health • Drug education- Understanding drugs • Drug Education-Tobacco and nicotine • Drug Education-Alcohol and risk	**Relationships** • Relationship values • Managing change, loss and grief • Unhealthy relationships • Impact of the media - catfishing • Pornography • Consent, manipulation, coercion • Equality Act, diversity and values - gender identity • Extremism and radicalisation • Understanding AI: Rights, safety and wellbeing • Puberty and emotional changes • Menstrual wellbeing • Talk by Mary Moore on Contraception and Sexual Health	**Living in the wider world** • Personal safety-Water safety • How to open a bank account • how to read a bank statement • how to save money • how to use a bank card • How to manage debt • Decision making-a guide to banking • Showcasing personal strengths • Managing online reputation • Strategies for overcoming challenges • Reflection and looking ahead

Year Group	Christmas Term	Lent Term	Summer Term
Third Form (Year 9)	**Health & wellbeing** • Baseline test and setting ground rules • Managing strong emotions • Managing distractions • Managing disappointments and setbacks • Healthy coping strategies • Exploring career interests • Work patterns and workplaces • Managing pressure and seeking support • Preparing for GCSE options • Showcasing personal strengths • Managing online reputation	**Relationships** • Prejudice & discrimination • Managing change, loss and grief • Hate crime and radicalisation • Emotional wellbeing & Mental health- intro. • Resilience • Feelings and how to manage them • Ways to look after emotional wellbeing • Understanding AI: Rights, safety and wellbeing • Equality Act, diversity and values - gender identity • Lifestyle balance • Impact of the media - catfishing • Pornography	**Living in the wider world** • Thinking critically about misogyny • Sexting • Puberty and menstruation • Contraception & STIs • Talk by Mary Moore on Contraception and Sexual Health • Mobile phone products • Cryptocurrency • Financial exploitation • Online gaming • Online safety • Pocket money
Forth Form (Year 10)	**Health & wellbeing** • Baseline test and setting ground rules • New challenges • Reframing negative thinking • Recognising mental ill health • Developing learning skills • Drug education: assessing risk • Thinking critically about misogyny • Drug education; help-seeking • Peer pressure: back me up • Role models	**Relationships** • Relationship values • Unhealthy relationships • Managing change, loss and grief • Impact of the media - catfishing • Pornography • Consent, manipulation, coercion • Equality Act, diversity and values • Equality Act, diversity and values - gender identity • Talk by Mary Moore on Contraception and Sexual Health • Understanding AI: Rights, safety and wellbeing • Social media • Extremism and radicalisation	**Living in the wider world** • Take home pay • Budgeting • Saving Accounts • Investing • Insurance • Showcasing personal strengths • Managing online reputation • Strategies for overcoming challenges • Reflection and looking ahead

Year Group	Christmas Term	Lent Term	Summer Term
Fifth Form (Year 11)	**Health and wellbeing** • Introduction to PSHE for Year 11 - expectations, ground rules and baseline test • Social media and validation • The science of happiness • Motivation and work ethic • Learning to de-stress • Understanding AI: Rights, safety and wellbeing • Staying safe on the roads • Emergency first aid (Mandy Moore) • Coppafeel breast examination • Vaccinations and immunisations • Water safety • Exploring donation (blood, stem cells, organs)	**Relationships** • Working out relationships (Healthy and unhealthy relationships) • Managing change, loss and grief • Power and control • Setting boundaries and getting help • Communication matters • Thinking critically about misogyny • Gender identity, expression and sexual orientation • Talk by Mary Moore on Contraception and Sexual Health **Living in the wider world (Finance)** • Take home pay • Budgeting • Saving Accounts • Investing • Insurance • Decision making-investment game	**Exam Period** • No scheduled PSHE lessons
Lower Sixth (L6)	**Health & wellbeing** • Thriving in Post-16 education • Work-life balance. • Being a responsible driver • Personal health and illness prevention • Sleep • First aid (Mandy Moore) • Samaritans - mental health	**Relationships & Society** • Responsibilities and consequences. • Communicating wants and needs • Thinking critically about misogyny • Unwanted, inappropriate and illegal behaviours. • Modern families - formalising relationships • Understanding AI: Rights, safety and wellbeing • Living in a diverse society. • Talk by Mary Moore on Contraception and Sexual Health	**Financial education & Living in the wider world** • Student finance • Borrowing • Renting and buying property • Cryptocurrency • Money wellbeing • Decision making

Year Group	Christmas Term	Lent Term	Summer Term
Upper Sixth (U6)	**Health & wellbeing** • Drug education: keeping safe • Independence and safety in adulthood: travel in the UK and abroad • Healthy eating on a budget. • Getting registered with doctors • Sexual health • Contraception and Sexual Health - M Moore • Emergency first aid - M Moore	**Relationships, Society & Economy** • Managing change, loss and grief • Understanding AI: Rights, safety and wellbeing • Thinking critically about misogyny • The Economy • Mortgages • Credit Cards • Pensions **Financial education & Life Skills** • ISAS • Decision-making • Sewing skills	**Exam Period** • No scheduled PSHE lessons

Appendix B – Government Guidance

Keeping children safe in education 2022

Personal, social, health and economic (PSHE) education

Relationships and sex education (PSHE) and health education

Understanding Relationships, Sex and Health: a guide for parents