



Francis Holland Schools

Name of Policy

**Personal, Social, Health & Economic
Education PSHE
Incorporating the Relationships
Education, Relationships & Sex
Education (RSE) and Health Education
Policy**

Author

DSLs/Head of Junior School

SLT Approval

Spring 2022

Date of Last Revision

Spring 2022

Date of Next Review

Spring 2024

Date of Next SLT Approval

Spring 2024

Regulation Number

Part 1 2(f)(g)(h)(j)

Regulation Description

Schemes of work for PSHE which reflects the school's aims and ethos; appropriate careers guidance for pupils receiving secondary education; where the school has pupils above compulsory school age, a programme of activities which is appropriate to their needs; adequate preparation of pupils for the opportunities, responsibilities, and experiences of adult life.

To be read in conjunction with:

Learning Needs Policy
Accessibility Plan

Revision History	
This section should be completed by the reviewer each time this policy is reviewed	
Changes made [brief description of edits]	Date [Term and Year]
Full review and revamp of policy	Spring 2022

Availability of this document:

Copies of this document are available at francisholland.org.uk/policies/ or on request from the school office, Francis Holland School (Regent's Park, Ivor Place, London NW1 6XR or Francis Holland School (Sloane Square), 39 Graham Terrace, London SW1W 8JF.

Application of this document:

This policy applies to both Sloane Square and Regent's Park, and to the EYFS as well as junior and senior schools. Where there are differences in procedures between the schools this has been clearly highlighted in the appendices

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Policy on Personal, Social, Health & Economic Education

Aims & Objectives of the PSHE programme

To encourage the development of successful learners, confident individuals, and responsible citizens (National Curriculum)

‘PSHE education equips children and young people with knowledge, understanding, attitudes and practical skills to live healthy, safe, productive, fulfilled, capable and responsible lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in managing their finances effectively. PSHE education also enables children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.’ (PSHE association)

Objectives:

- To support the wider aims and objectives of the school;
- To place significant importance on each pupil’s personal and social development;
- To allow curriculum provision for key skills and knowledge to enhance learning and development of both individuals and the school community;
- To include a planned framework which both informs and supports teaching, but which also allows flexibility and ownership by the staff and pupils involved, and one that is continuously reviewed and updated following input from all members of the school community and outside agencies;
- To support individuals working together and sharing views across year groups within activities, houses and workshops and with support from student-led groups.

Monitoring and Review

The RSE programme will be monitored annually by the Head of PSHE in liaison with the member of SLT with responsibility for Pastoral Care. Monitoring takes place through discussion, meetings and feedback from pupils, staff, parents and governors. Confidential questionnaires are also used to inform future planning and provide evidence of effective teaching and learning.

Confidentiality and Support

All staff, especially the Deputy Head Pastoral, the Head of the Junior School, the Section Heads and the Form Tutors offer pupil support. Further guidance and support is available from our visiting RSE specialists, the school counsellor and ContemPlace.

Note: Pupils may seek to confide in a teacher (possibly after attending an RSE/PSHE lesson). At the earliest opportunity in a first interview pupils will be made aware that some information cannot be treated as confidential. They should understand that certain disclosures may result in information being passed on in the best interests of the pupil. Please see our Safeguarding Policy.

Appendix: Personal, Social, Health & Economic Education at Sloane Square

PSHE in the Junior School

PSHE is taught throughout the Junior School from Year 1 onwards by our PSHE coordinator with the form teacher also present. This is a planned programme of learning about life and is based on national guidance and pupil, staff and community objectives. Our aims are that children and young people will acquire the knowledge, understanding, attitudes and skills they need to thrive as individuals, family members and members of society. Lessons are based on the key strands of Health & Wellbeing, Relationships and Living in the Wider World and allow time for reflection and discussion whilst encouraging responsibility, resilience and empathy. PSHE is principally taught in a weekly whole class lesson. These lessons are also supported and inspired by Junior School assemblies through a wide variety of topics. Cross-curricular links allow PSHE concepts and skills to be developed and reinforced through a range of subjects in the primary curriculum, particularly Science and RE.

We ensure that our Junior PSHE programme covers three core themes as follows:

Core Theme A: Relationships

Topics: Healthy Relationships, Feelings and Emotions, Valuing Difference

- Developing and maintaining a variety of healthy relationships in a range of contexts;
- Recognising and managing emotions within a range of relationships;
- Recognising risky or negative relationships, including all forms of bullying and abuse;
- Responding to risky or negative relationships and asking for help;
- Respecting equality and diversity in relationships;
- Developing an understanding of consent (seeking and giving permission).

Core Theme B: Living in the Wider World (Within this theme, fundamental British values are promoted as it addresses the concepts of democracy, the rule of law, individual liberty, mutual respect and tolerance.)

Topics: Rights and Responsibilities, Taking Care of the Environment, Money Matters, and Media Literacy and Digital Resilience.

- Respect for self and others and the importance of responsible behaviours and actions;
- Responsible use of ICT and mobile phones through girls learning about e-safety in PSHE lessons, the Computing curriculum and occasional external speaker;
- Rights and responsibilities as members of families, other groups and ultimately citizens;
- Different groups and communities;
- Respecting equality and being a productive member of a diverse community;
- Importance of respecting and protecting the environment;

- Where money comes from, keeping it safe and the importance of managing it effectively;
- How money plays an important role in people's lives;
- Understanding enterprise.

Core Theme C: Health & Well-being

Topics: Healthy lifestyle, Keeping Safe, Growing and Changing

- The concept of a healthy lifestyle;
- Maintaining physical, mental and emotional health and well-being;
- Managing risks to physical and emotional health and well-being;
- Ways to keep physically and emotionally safe;
- Managing change including puberty, transition and loss;
- Making informed choices and recognising sources of help;
- How to respond in an emergency;
- Identifying different influences on health and well-being (including drugs, alcohol, tobacco and FGM).

PSHE (Life Skills) in the Senior School

PSHE (known as Life Skills) is taught throughout the senior school as a planned programme of learning about life. Our aims are that children and young people will acquire the knowledge, understanding, attitudes and skills they need to thrive as individuals, family members and members of society. Cross-curricular links allow these concepts and skills to be developed and reinforced through a range of subjects in the curriculum, including Religious Studies and Biology. We aim to ensure a balanced presentation of opposing views. The PSHE programme is age-appropriate, interactive and regularly reviewed using both verbal feedback and an annual confidential questionnaire to allow us to adapt the programme over time to the needs of the pupils and the school community.

The Senior School Life Skills programme aims to:

- promote the spiritual, moral and cultural development of pupils at the school and of society, and prepare pupils for the opportunities, responsibilities and experiences of later life equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions;
- build self-esteem, confidence and resilience;
- encourage a sense of purpose, responsibility, citizenship and community;
- encourage respect for other people, paying particular regard to the protected characteristics set out in the 2010 Act;
- provide drug education, financial education, sex and relationships education (RSE) and the importance of physical activity and diet for a healthy lifestyle;

- reflect the needs of their pupils and build on the content of the school's curriculum with a published programme in relation to each academic year;
- enable pupils to distinguish right from wrong, to respect the civil and criminal law of England and to respect democratic values.

Provision

- Weekly lessons are delivered by form tutors with the support of the PSHE Coordinator and by specialist in-house teachers;
- Regular visiting speakers and workshops are used to inspire, enliven and promote enquiry;
- ACET (UK) runs specific RSE sessions for pupils in Year 7 to 12;
- The Life Skills course has cross-curricular links and aspects of many topics are embedded in the curriculum, taught by subject specialists.
- Sometimes the school adopts a 'whole school' approach (eg: Holocaust Memorial Day) and incorporates whole school assemblies into the provision)

Content

The Life Skills programme has been planned using topics from each of the following strands for all year groups, and is based on national guidance and pupil, staff and community objectives. In many cases topics overlap, and year groups will meet topics more than once, with the path varying according to requirements. Form time is also utilised to allow the opportunity to expand ideas or concerns and to follow up after presentations by outside speakers.

A: Health and Well-being

Identity and self-esteem
Body image and the media
Emotional wellbeing
Physical wellbeing
Risk and safety

B: Relationships

Understanding relationships
RSE (Relationships and Sex Education)
Communication
Media and E-Safety

C: Living in the wider world

Identity, skills and strengths
Citizenship
Careers
Finance and employment

Citizenship

Life Skills sessions on citizenship are one of the ways in which the school actively promotes fundamental British values, including:

- an understanding and appreciation of the democratic process;
- an appreciation that living under the rule of law protects individual citizens;
- an understanding of the importance of the independence of the courts in a democracy;
- the understanding that many faiths can co-exist with mutual respectful tolerance
- an intolerance of discrimination.

Some of these issues also feature elsewhere in the curriculum, including in Politics lessons in Year 8 and Religious Studies.

Careers Education

The Life Skills programme incorporates careers education, in addition to the careers provision which happens outside lessons (individual interviews, visits from outside speakers, the organisation of work experience, visits to universities, and so on) Within the life skills programme, timely and impartial advice is provided for Year 9 and Year 11 pupils to make informed choices about GCSE and AS and A-level courses. Girls are also given the information, tools and advice to make informed choices about a range of careers options and are encouraged to aspire to fulfil their potential. We consciously work to prevent all forms of stereotyping to ensure that girls from all backgrounds and diversity groups consider the widest range of careers, including those which are often portrayed as primarily for one or other of the sexes. Individual sessions with a specialist careers advisor are offered from year 11 to year 13.

Life Skills has particular links to the following school policies:

- Anti-bullying
- Behaviour & sanctions
- Child Protection
- Drugs Education

Relationships and Sex Education (RSE) Policy in the Junior School (years 5 & 6) and Senior School

Our aims are to:

- provide support and relevant information to all pupils, parents and staff irrespective of culture and beliefs;
- promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils for the opportunities, responsibilities and experiences of later life;
- equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make healthy, safe and informed decisions;
- reflect the needs of the pupils and build on the content of the school's curriculum.

Organisation

The school's Relationships Sex Education programme is the responsibility of the PSHE Coordinator in conjunction with the Director of Pastoral Care. There is also close liaison with

the Heads of Science and Religious Studies to monitor the dovetailing of schemes of work. The programme is delivered through three main outlets:

- The Science syllabus
- The Religious Studies syllabus
- The PSHE programme

The Sex and Relationships Education programme provides information and encourages the acquisition of skills and attitudes which will allow pupils to manage their lives in a responsible and healthy way.

Attitudes and Values

As well as knowledge and information, pupils are encouraged to consider the importance of the following attitudes and values:

- respecting and valuing themselves, both physically and emotionally, as well as others
- showing understanding and sensitivity towards the needs, views and beliefs of others;
- taking responsibility for themselves and for others within their relationships, families, school and the wider community.

Pupils will be encouraged to:

- develop self-reflection and assertiveness;
- learn how to learn from experience and how to assess risk, leading to informed decisions which promote well-being;
- maintain a healthy lifestyle;
- develop good communication skills and the empathy and understanding needed for making and maintaining healthy relationships;
- develop the ability to recognise and avoid prejudice and abuse.

Content

a) Biological Aspects - taught to all pupils as part of the science curriculum; for further details please see subject schemes of work.

Key Stage 2 (years 5-6)

- Male and female physical changes approaching puberty
- Basic human reproductive system
- Menstrual cycle
- How babies are made, develop and are born

Key Stage 3 (years 7-9)

- Male and female reproductive system, fertilisation, pregnancy, birth
- Secondary characteristics of puberty
- Contraception and Sexually Transmitted Infections (STIs) (links to PSHE lessons)
- Bacteria and viruses

Key Stage 4 (years 10-11)

- Male and female reproductive system

- Physiological changes; hormones
- Defence mechanisms
- Revisit contraception, STIs, HIV, AIDS (links to PSHE lessons)
- How sex is determined in humans

b) RSE Topics delivered through the PSHE programme by a specialist organisation in sexual health education:

Key Stage 2 (Years 5-6)

- Self-esteem, emotions, feelings and relationships
- Growing up, keeping healthy
- Media messages, making choices
- Parts of the body, body confidence, puberty, menstruation
- Human life cycles, babies, love and marriage (links to Science)

Key Stage 3 (Years 7-9)

- Menstruation, hormones and practicalities in a senior school setting
- Intimacy, love & emotion
- Benefits & qualities of healthy & unhealthy relationships
- Importance of marriage (including for same sex couples), civil partnership, stable relationships
- Rights and the law; consent, respect, values, pressure
- Contraception, STIs, risk, pregnancy
- Difference & diversity: attraction, sex, gender & orientation

Key Stage 4 (Years 10-11)

Girls revisit the above topics and are encouraged to evaluate and develop strategies to support good health and wellbeing, as well as considering:

- Readiness for intimacy & sex and the benefits of delaying
- Pressure, coercion, action & consequence
- Effects of drugs, alcohol and pornography on sexual behaviour
- Family life, teenage pregnancy
- HIV and AIDS

Key Stage 5 (Sixth form)

Many topics are revisited and girls are encouraged to consider and reinforce their own ideas and values, as well as considering:

- Parenting skills
- Fertility, adoption and abortion

At each stage all pupils will be encouraged to consider where to go for advice, support and information, how to select appropriately and how to make informed decisions.

c) Topics delivered through the Religious Studies syllabus

Key Stage 4 (Years 10-11)

Divorce and remarriage, abortion, contraception, IVF, chastity, celibacy

d) Related topics taught within the PSHE programme (see PSHE scheme for details)

- Well-being and keeping healthy
- Managing relationships
- Drugs, alcohol and tobacco
- Media and body image
- Self-esteem and identity

Resources: A variety of age-appropriate materials is used.

Reference: DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance 2021

Withdrawal from RSE lessons: All parents have the right to withdraw their children from the sex education aspects of the programme.

d) Parent talks are also offered through the year on age appropriate and related PSHE/Life Skills subjects

Appendix: Personal, Social, Health & Economic Education at Regent's Park

PSHE at Francis Holland School Regent' Park

PSHE is taught throughout the school as a planned programme of learning about life. Our aims are that young people will acquire the knowledge, understanding, attitudes and skills they need to thrive as individuals, family members and members of society. Cross-curricular links allow PSHE concepts and skills to be developed and reinforced through a range of subjects in the curriculum, including Religious Studies and Biology as well as during form time. We aim to ensure a balanced presentation of opposing views. The PSHE programme is a tailored programme to the needs of pupils and the school community and is age-appropriate, interactive and regularly reviewed using both verbal feedback and an annual confidential questionnaire to allow us to adapt the programme over time to the needs of the pupils and the school community.

The PSHE programme aims to:

- promote the spiritual, moral and cultural development of pupils at the school, and prepare pupils for the opportunities, responsibilities and experiences of later life, to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions;
- build self-esteem, confidence and resilience;
- encourage a sense of purpose, responsibility, citizenship and community;
- encourage respect for other people, paying particular regard to the protected characteristics set out in the Equality Act 2010;
- provide drug education, financial education, Relationships and Sex Ed (RSE) and the importance of physical health including healthy lifestyles and First Aid.
- reflect the needs of pupils and build on the content of the school's curriculum with a published programme in relation to each academic year;
- enable pupils to distinguish right from wrong, to respect the civil and criminal law of England and to respect democratic values.

Provision

- Weekly timetabled lessons are delivered by teachers who have a special interest in PSHE, with the support of the Head of PSHE;
- Regular visiting speakers and workshops are used to inspire, enhance and promote enquiry;
- The PSHE course has cross-curricular links and aspects of many topics are embedded in the curriculum, taught by subject specialists, delivered through whole-school assemblies and year group assemblies and via the pastoral programme during form times.

Content

The PSHE programme has been planned using topics from each of the following strands for all year groups, and is based on the national guidance and the latest statutory guidance and pupil, staff, school

and community objectives. In many cases topics overlap, and year groups will meet topics more than once, with the path varying according to requirements. Where possible two weeks are allowed for each topic/presentation to give sufficient time to discuss and expand on ideas or concerns and to follow-up after presentations by outside speakers.

A: Health and Well-being

Identity and self-esteem

Body image and the media

Emotional wellbeing

Physical and mental wellbeing

Risk and safety

B: Relationships

Safe, healthy relationships and sex including consent and intimate relationships

RSE (relationships and sex education)

Communication

Media and Negotiating life online

C: Living in the wider world

Identity, skills and strengths

Citizenship

Finance, Careers and Economic Wellbeing

Citizenship

PSHE sessions on citizenship are one of the ways in which the school actively promotes fundamental British values, including:

- an understanding and appreciation of the democratic process;
- an appreciation that living under the rule of law protects individual citizens;
- an understanding of the importance of the independence of the courts in a democracy;
- the understanding that many faiths can co-exist with mutual, respectful tolerance
- an intolerance of discrimination.

Some of these issues also feature elsewhere in the curriculum, including in Current Affairs classes in LIV and in Religious Studies.

Careers Education

The PSHE programme incorporates careers education, in addition to the careers provision which happens outside of PSHE (individual interviews, visits from outside speakers, Take Your Daughter to Work Day, the organisation of work experience, visits to universities, and so on) Girls are also given the information, tools and advice to make informed choices about a range of careers options, and are encouraged to aspire to fulfil their potential. We consciously work to prevent all forms of stereotyping to ensure that girls from all backgrounds and diversity groups consider the widest range of careers, including those which are often portrayed as primarily for one or other of the sexes.

PSHE has particular links to the following school policies:

- Anti-bullying
- Behaviour & sanctions
- Safeguarding
- Drugs Education

Relationships and Sex Education (RSE) Policy

Aims

Our aims are to:

- provide support and relevant information to all pupils, parents and staff irrespective of culture and beliefs;
- promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils for the opportunities, responsibilities and experiences of later life;
- equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make healthy, safe and informed decisions;
- reflect the needs of the pupils and build on the content of the school's curriculum.

Organisation

The school's Relationships and Sex Education programme is the responsibility of the Head of PSHE in conjunction with the Pastoral Deputy Head. There is also close liaison with the Heads of Science and Religious Studies to monitor the dovetailing of schemes of work. The programme is delivered through three main outlets:

- The Science syllabus
- The Religious Studies syllabus
- The PSHE programme

The Relationships and Sex Education programme provides information and encourages the acquisition of skills and attitudes that will allow pupils to manage their lives in a responsible and healthy way.

Attitudes and Values

As well as knowledge and information, pupils are encouraged to consider the importance of the following attitudes and values:

- respecting and valuing themselves, both physically and emotionally, as well as others;

- showing understanding and sensitivity towards the needs, views and beliefs of others;
- taking responsibility for themselves and for others within their relationships, families, school and the wider community.

Pupils will be encouraged to:

- develop self-reflection and assertiveness;
- learn how to learn from experience and how to assess risk, leading to informed decisions which promote well-being;
- maintain a healthy lifestyle;
- develop good communication skills and the empathy and understanding needed for making and maintaining healthy relationships;
- develop the ability to recognise and avoid prejudice and abuse.

Content

a) Biological Aspects - taught to all pupils as part of the science curriculum; for further details please see subject schemes of work.

Key Stage 3 (IIIIs – UIVth)

- Male and female reproductive systems, fertilisation, pregnancy, birth
- Secondary characteristics of puberty
- Bacteria and viruses

Key Stage 4 (LVth – UVth)

- Physiological changes; hormones
- Defence mechanisms
- Revisit contraception, STIs, HIV, AIDS (links to PSHE lessons)
- How sex is determined in humans

b) RSE Topics delivered through the PSHE programme by a specialist teacher of sexual health education:

Key Stage 3 (IIIIs – UIVth)

- Menstruation, hormones and practicalities in a senior school setting
- Intimacy, love & emotion
- Benefits & qualities of healthy relationships and how to recognise unhealthy relationships
- Importance of marriage (including for same sex couples), civil partnership, stable relationships and different types of relationships
- Rights and the law; consent, respect, values, pressure
- Difference & diversity: attraction, sex, gender & orientation.

Key Stage 4 (LVth – UVth)

Girls revisit the above topics and are encouraged to evaluate and develop strategies to support good health and wellbeing, as well as considering:

- How to recognise and build healthy relationships and how to recognise unhealthy relationships and the effects upon health and well-being, including mental health.
- Pressure, coercion, abuse, action & consequence

- Gender and sexuality
- Readiness for intimacy & sex
- Contraception, STIs, risk, planned and unplanned pregnancy
- Effects of drugs, alcohol and pornography (safety online) on sexual behaviour
- Family life, teenage pregnancy
- Issues concerning forced marriage, domestic violence, FGM and sexual exploitation.

Key Stage 5 (Sixth form)

Many topics are revisited and girls are encouraged to consider and reinforce their own ideas and values, as well as considering:

- Women's health
- Sexual health

At each stage all pupils will be encouraged to consider where to go for advice, support and information, how to select appropriately and how to make informed decisions.

c) Topics delivered through the Religious Studies syllabus

Key Stage 4 (LVth – UVth)

Attitudes of different religions towards sex, contraception, homosexuality, abstinence, divorce and remarriage, abortion and IVF.

Key Stage 5 (Sixth form)

Medical and sexual ethics.

d) Related topics taught within the PSHE programme (see PSHE scheme for details)

- Well-being and keeping healthy
- Managing relationships
- Drugs, alcohol and tobacco
- Media and body image
- Self-esteem and identity

Resources: A variety of age-appropriate materials are used.

Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory Guidance 2021

Withdrawal from RSE lessons: All parents have the right to withdraw their children from all or any part of the programme, up until 3 terms before their child turns 16. In the event of a withdrawal, the Head of PSHE and a senior member of staff will hold a meeting with the parents about the benefits of receiving this important education.