



# Personal Social & Health Education (PSHE) Policy

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### Intent

At Matlock Bath Holy Trinity CofE Primary School, personal, social, health and economic education (PSHE) is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school. This policy reflects Matlock Bath Holy Trinity CofE School's overarching aims and objectives in supporting our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain. PSHE is planned through our scheme of work 'PSHE Association'. Relationships Education is of equal importance; it is defined as 'fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.'

The skills covered throughout the progressive PSHE Association curriculum are not just taught in isolation, but across the school day in incidental opportunities to support children in Collective Worship, Picture News, school clubs, circle time, School Council, Worship Group, visits and trips, community and school events, break times and within other lessons. Throughout our PSHE curriculum (planned and integrated within the school day) we actively promote British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs to prepare our pupils for life in modern day Britain. Pupils learn about similarities and differences between people and cultures, and our citizenship lessons enable our pupils to understand the British democratic process, including how to affect peaceful changes in society.

### Implementation

The aim of our PSHE curriculum 'PSHE Association', is to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. PSHE helps our children to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work. Children are encouraged to develop a balanced approach to life and learning, working to eliminate any barriers to learning. The PSHE curriculum at Matlock Bath Holy Trinity CofE Primary School enables the children to explore their own needs, beliefs and values and appreciate differences in others. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. We seek to inspire in our children high levels of self-belief and self-esteem, encouraging positive achievement in both academic and non-academic outcomes. Our curriculum seeks to promote the children's interest in becoming positive and active members of society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our PSHE programme is an integral part of our whole school PSHE education provision and is designed to meet the unique needs of pupils, not only through the PSHE Association Scheme of Work, but through our wider curriculum. At Matlock Bath Holy Trinity CofE Primary School, our PSHE programme

of learning and wider curriculum will enable children to meet the End of Key Stage Statements as set out in the Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance 2019. (revised guidance for 2026- DfE published revised guidance on RSE and Health Education in July 2025)

### Teaching and Learning

PSHE is taught in class groups in regular weekly sessions throughout the year, so that children can revisit and build on their learning. This structure allows children to develop a depth of understanding as well as enabling them to retain the knowledge through consolidation and progression. At Matlock Bath Holy Trinity CofE Primary School, we use the PSHE Association scheme of work. These topics are taught over a 4-year cycle in KS2 and a 3-year cycle in KS1. The key knowledge and skills of each topic enables progression throughout each key stage class across the school. This covers a broad range of topics including the following:

- Relationships
- Health and Well-being
- Friendships
- Mental Health
- Wider World
- Shared Responsibilities

Assessment ensures that children are able to convey what they know already as well as what they would like to find out. This informs the programme of study and also ensures that lessons are personalised and take account of children's different starting points. Consideration is given to the accommodation of our greater depth learners as well as to the support pupils may need to access the programme of study. Reception children are taught the following PSHE skills across each year: building relationships, sharing, caring for each other and the classroom environment, understanding basic hygiene routines, how to keep themselves healthy through: foods, exercise and tooth brushing, how to play together and take turns, knowing it is good to be me, responsibility, understand that their actions can affect others, how to show resilience, resolving conflicts, showing sensitivity towards others and exploring feelings.

PSHE is taught discreetly across the school. There are also opportunities to link PSHE objectives to our class topics throughout the year. Assessment for Learning is embedded in practice, with both staff and children continually reflecting on their learning, allowing for support and extension in both knowledge and skills. Impact Through the PSHE Association curriculum, we enhance children's education and help them to become caring, respectful, responsible and confident individuals and citizens. Children will have the knowledge of how to



develop their self-esteem and self-awareness and make informed choices and decisions. They will be able to make sense of their own personal and social experiences and will be able to understand and manage their own feelings.

### Safeguarding

At Matlock Bath Holy Trinity CofE Primary School, we understand that by nature certain subjects may carry an increased risk of pupil disclosure, in cases where there is a safeguarding risk, school safeguarding policy in relation to Keeping Children Safe in Education will be followed. We also recognise there may be disclosures that aren't safeguarding issues, but opportunities to support the child. If a question raises potential safeguarding concerns, staff should respond in a way that will allow them time to seek advice from the Safeguarding Lead or Deputy Safeguarding Lead.

### Equality, Diversity and Inclusion

We aim to ensure that no pupil experiences harassment, less favourable treatment or discrimination within the learning environment because of their age; any disability they may have; their ethnicity, colour or national origin; their gender; their religion or beliefs. We value the diversity of individuals within our school and do not discriminate against children because of 'differences'. We believe that all our children matter and we value their families too.