

PERSONAL SOCIAL HEALTH AND ECONOMIC EDUCATION (PSHE) POLICY

Updated June 2025

Personal Social Health and Economic Education (PSHE), Relationships Education (RE at primary level) and Relationships and Sex Education (RSE at seniors) at Shrewsbury High School are delivered through a planned programme of teaching and learning that at its core promotes students' personal and social development and their health and well-being. The three overall themes Health and Well-being, Relationships and Living in a Wider World are taught as part of a spiral curriculum. This approach provides our students with the knowledge, skills and understanding that they need to lead confident, healthy, and independent lives, and to become responsible members of society.

Aims

PSHE Education supports the aims of the school, which enables students to fulfil their potential, academically and personally, in a safe and challenging environment. The curriculum is relevant and flexible to adapt to the changing needs of the individual students. The broad and balanced programme aims to:

- Enable students to develop confidence and responsibility, to encourage them to make the most of their abilities.
- To equip students with the skills to make informed choices about their well-being and health.
- To equip students with ability to make safe lifestyle choices
- To foster a sense of emotional resilience, both within and outside school.
- To reflect on their experiences and understand how they are developing personally and socially.

Delivery

PSHE and RSHE Education is taught as specific PSHE timetabled lessons during Period X. Period X is a whole school wider curriculum programme from reception to Year 13 every Wednesday period 3. The Period X timetable uses the themes Mental Health, Physical Wellbeing and Personal Development.

- Lead teachers responsible for the curriculum are Mrs. C. Tonks, Head of PSHE and Mr. R. King, Junior PSHE Coordinator.
- These colleagues work alongside the pastoral leads (Heads of Stage) to ensure delivery in Climb time (form time, assemblies) and with Mrs. M. Reece, Head of Period X for the PSHE sessions.
- SLT Champion for RE/RSE are the Head of Juniors/Whole School Deputy Head

PSHE is also taught through specific sessions in the pastoral Climb time pastoral curriculum; for example, tutor time, specific assemblies and relevant whole year group collapsed timetable sessions. Class teachers at Juniors deliver PSHE sessions linked to Period X but also through Climbtime/adapting sessions to thread through creative curriculum and projects as appropriate.

The whole school celebrates national awareness events for example Safer Internet Day, Mental Health awareness week and Pride Month.



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PSHE lessons include interactive activities that balance knowledge and understanding with the development of personal skills. The use of clear ground rules ensures a safe and secure learning environment. 'Safe space' posters are used to alert teachers and students that this is type of lesson is going on. Students are encouraged to question and debate, and the lessons develop positive skills and values as well as imparting information, advice, and signposting support. (Doing, Reviewing, Learning and Applying).

Assessment

Students are encouraged to take responsibility for their learning. Assessment for Learning is recorded in a variety of ways that ensures the whole range of differentiation. Baseline learning is established, and our strong curriculum builds on previous knowledge. Teachers will assess progress and personal development in a wide variety of ways such as questionnaire, quiz and classroom responses. The Head of PSHE and appropriate Head of Stage is informed where further intervention maybe required.

In line with current best practice, PSHE teachers engage all students and maximise participation regardless of ability or experience and create an inclusive classroom atmosphere. The very nature of the subject matter demands that special care is taken with the sensitivity of some topics for some students or groups.

Accessibility, Equality, and Awareness

We support equal opportunities in education, seeing it as enabling and encouraging all our students to build self-esteem through discussion and activities in a safe environment. We are equipping them with decision-making skills irrespective of gender roles and stereotyping. As part of our delivery, we check that we are following the Equality Act 2010 carefully so that all sessions are accessible and to adhere to legal requirements.

Sensitive teaching styles enable pupils to feel safe and supported in these lessons. Relationships education and RSE materials are planned carefully and differentiated to be accessible for all pupils, taking into consideration that some students are potentially more vulnerable to exploitation, bullying and other issues on account of their SEND.

Responding to students and parents

The programme is continually reviewed and updated to respond to the needs of our students in a constantly changing world. We respond to government guidelines and the Independent Schools Inspectorate requirements focussing on pupil achievement and pupil personal development. We review through pupil voice, the wider pastoral team and up-to-date advice from the PSHE Association¹ and Sex Education Forum².

Parents are encouraged to explore what the wider curriculum offers their child and the overview of the PSHE curriculum is available and there is summary is in the Parents Handbook. Parent breakfasts and regular parent surveys enables observations to be made and these are addressed, and content adjusted where appropriate.

¹ <https://pshe-association.org.uk/>

² <https://www.sexeducationforum.org.uk/>



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Staff training

The PSHE teachers receive a variety of training through whole staff presentations by external speakers; Online course and formal training delivered by Head of PSHE. Staff are also offered consistent support to ensure that the curriculum is delivered effectively, and teachers feel confident with the changing nature of the topics. There is a clear structure and learning objectives set for each lesson.

Academic staff across Juniors and Seniors have attended training from Brook³ on classroom delivery, and new colleagues will be updated with training as related to their role. A smaller group of staff will receive further and enhanced training, to deliver PSHE content in an appropriate, current, and relevant manner for our students.

We may use visitors or external agencies to bring a level of expertise to enrich the students' learning and they are expected to follow the Visiting Speakers policy.

Policy Review and evaluation:

The educational and personal needs of our pupils develop in line with varying societal pressures and other changes. For this reason, we regularly review our PSHE/RSE curriculum.

This policy will be reviewed annually by Head of PSHE, in consultation with SLT leads and the Junior PSHE Coordinator.

Accompanying documentation to view alongside this policy:

- Statutory Guidance - Relationships and sex education (RSE) and health education - <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>
- Ofsted Review of sexual abuse in schools and colleges, June 2021 - <https://www.gov.uk/government/publications/review-of-sexual-abuse-in-schools-and-colleges/review-of-sexual-abuse-in-schools-and-colleges>
- Relationships Education (RE) and Relationships & Sex Education (RSE) Policy
- PSHE whole school audit
- PSHE Schemes of Work (SOW)
- PSHE delivery overview
- Monitoring and Evaluation Policy
- Shrewsbury High School Safeguarding Policy
- The most recent version of KCSIE
- Preventing Extremism and Radicalisation Policy
- Promotion of British Values Policy
- Drugs and alcohol abuse Policy
- Anti-Bullying Policy

³ <https://www.brook.org.uk/>



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- Bereavement Policy
- Behaviour and Good conduct Policy
- Online Safety Policy
- Positive Mental Health Policy
- Visiting speakers Policy
- SEND Policy and Procedures
- GDST Equal Opportunities (Education) Policy



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