



Name of School: Woodford Primary School

Date of policy: October 2025

Member of staff responsible: Sarah Beresford

**Context:** All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

**PSHE Curriculum Intent:** PSHE at Woodford Primary School grows the potential in all children and equips them to secure new knowledge, understanding and emotional awareness in order to support them to be citizens of today and to prepare them for their successes of tomorrow, by giving them the opportunity to play a highly positive and successful role in today's modern and diverse society. We use a mindfulness approach via the use of Jigsaw, which promotes positive mind-set and awareness, tolerance and understanding around how to treat others – regardless of sex, race, disability or age.

**Statutory Relationships and Health Education:** “The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education(PSHE) continues to be compulsory in independent schools.” DfE Guidance p.8

Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools

- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)
- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development). The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

What do we teach when and who teaches it? Whole-school approach Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. There are six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year. Term Puzzle (Unit) Content Autumn 1: Being Me in My World Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established. Autumn 2: Celebrating Difference Includes anti-bullying (cyber and homophobic bullying included) Spring 1: Dreams and Goals Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society Spring 2: Healthy Me Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise Summer 1: Relationships Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss Summer 2: Changing Me Includes Relationships and Sex Education in the context of coping positively with change.

At Woodford Primary School we allocate 30 - 60 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way. These explicit lessons are reinforced and enhanced in many ways: Assemblies and collective worship, praise and reward system, behaviour policy, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community. Class teachers deliver the weekly lessons to their own classes.

**Relationships Education** What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school? Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

**Health Education:** What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school? Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', Physical health and fitness', Healthy eating', 'Drugs, alcohol

and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'. Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit). Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education: The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. However, 'Sex Education is not compulsory in primary schools'. (p. 23) Schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'. At Woodford Primary School, we believe children should understand the facts about human reproduction before they leave primary school so that they have deeper knowledge of personal safety, increased confidence and self-esteem and that they are better able to make healthy and safe decisions as they grow older. We define Sex Education as understanding human reproduction We intend to teach this as part of PSHE in which case parents have the right to withdraw their child.

Parents' right to request their child be excused from Sex Education "Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p.17 Copyright

At Woodford Primary School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) e.g. Year 4, Lesson 2 (Having a baby) Year 5, Lesson 4 (Conception) Year 6, Lesson 3 (Conception, birth) The school will inform parents of this right by newsletter in the Summer Term before the Changing Me Puzzle is taught. We are of course happy to discuss the content of the curriculum and invite you to contact Mrs Beresford (PHSE Lead)

At Woodford Primary School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education. For further explanation, as to how we approach LGBT relationships in the PSHE (RSHE) Programme please see: 'Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?'