

**Personal, Social, Health and
Economic Education
(PSHE), Relationships
Education and Relationships
and Health Education
(RHE)**



Date of Last Review:	May 2026
Date agreed by Trustees:	
Name of PSHE Subject Leader	Mrs Megan Malham
Name of Trustee for PSHE	Mrs Russlyn Stickland
Date shared with all staff:	
Date of next review:	September 2026

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Policy Statement

At St Olave's Prep School, we believe that Personal, Social, Health and Economic Education (PSHE), Relationships Education and Relationships and Health Education (RHE) are central to the development of confident, compassionate, resilient and responsible young people.

Our PSHE curriculum supports children to understand themselves, build healthy relationships, maintain positive physical and mental health, manage risk, contribute positively to society and prepare for the opportunities, responsibilities and experiences of later life.

We recognise that academic success alone is not enough. Children must also develop character, emotional literacy, self-awareness, empathy, resilience, communication skills and a strong moral compass. Through our PSHE curriculum, we seek to equip children with the knowledge, understanding and skills needed to thrive both now and in the future.

The curriculum reflects the values, ethos and vision of St Olave's Prep School and supports our commitment to safeguarding, wellbeing, inclusion, personal development and high expectations for every child.

I. Legal and Regulatory Framework

This policy has been developed with regard to:

- Education Act 2002
- Children and Social Work Act 2017
- Relationships Education, Relationships and Health Education and Health Education (England) Regulations
- Equality Act 2010
- Children and Families Act 2014
- SEND Code of Practice (2015)
- Keeping Children Safe in Education (KCSIE) 2025
- Prevent Duty Guidance
- Education (Independent School Standards) Regulations 2014 (as amended)
- Human Rights Act 1998
- United Nations Convention on the Rights of the Child (UNCRC)

This policy should be read alongside the School's:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equal Opportunities Policy
- SEND Policy

- Curriculum Policy
- Online Safety Policy
- Relationships and Health Education Policy (where applicable)

2. Curriculum Intent

At St Olave's Prep School, PSHE is designed to support children in becoming happy, healthy, safe and successful individuals who are prepared for life in modern Britain and beyond.

The curriculum aims to develop children's understanding of:

- themselves and their place within the wider world
- healthy and respectful relationships
- physical and mental wellbeing
- personal safety and risk management
- rights, responsibilities and citizenship
- financial literacy and economic wellbeing
- diversity, inclusion and equality
- democracy, British Values and community participation

The curriculum is carefully sequenced to ensure progression from Nursery to Year 6 and is adapted to reflect the needs, experiences and developmental stages of the children.

3. School Values and Character Development

The PSHE curriculum is underpinned by the School's core values:

- Collaboration
- Compassion
- Commitment
- Curiosity
- Creativity
- Courage

These values are explicitly taught, modelled and reinforced throughout school life and provide a framework through which children learn to navigate relationships, make responsible decisions and contribute positively to their communities.

Children are encouraged to demonstrate these values in their interactions with others, their approach to learning and their contributions to the wider life of the School.

Through PSHE, assemblies, pupil leadership opportunities, enrichment activities and everyday interactions, children develop the character traits and personal qualities needed to flourish as responsible citizens.

4. Mental Health, Emotional Wellbeing and Personal Development

The School recognises the vital importance of mental health and emotional wellbeing in enabling children to learn, thrive and achieve their potential.

Promoting positive mental health is a whole-school responsibility and is embedded throughout the curriculum and wider life of the School.

Children are supported to:

- recognise, understand and manage emotions
- develop resilience and self-confidence
- build positive relationships
- seek help when needed
- understand the importance of self-care
- develop healthy coping strategies
- recognise the connection between physical and mental wellbeing

The School's therapeutic approach, wellbeing provision, emotional literacy work, Zones of Regulation and pastoral systems contribute significantly to the development of children's wellbeing.

PSHE provides a structured framework through which these skills can be taught, practised and reinforced.

5. Relationships Education

Relationships Education forms a fundamental part of the curriculum and is taught throughout the School.

Children are supported to develop the knowledge, understanding and skills necessary to form healthy, respectful and positive relationships.

The curriculum includes learning about:

- friendships
- family relationships
- kindness and respect

- empathy and compassion
- communication
- conflict resolution
- inclusion and belonging
- boundaries and personal space
- consent in age-appropriate contexts
- recognising unhealthy relationships
- seeking help and support

Relationships Education contributes directly to safeguarding by helping children recognise safe and unsafe situations and understand how to access support when needed.

6. Relationships and Health Education (RHE)

Age-appropriate Relationships and Health Education is taught as part of the wider PSHE curriculum in Years 5 and 6.

The programme builds upon statutory Relationships Education and Health Education and supports children in understanding physical, emotional and social changes associated with growing up.

The curriculum is delivered in a sensitive, age-appropriate and developmentally appropriate manner.

Parents are informed prior to the delivery of health education units and have the right to request that their child be withdrawn from the non-statutory sex education elements of the programme.

The School will work closely with parents and seeks to maintain open communication regarding the content and purpose of the provision.

7. Health Education

Health Education enables children to understand how to maintain positive physical and mental health throughout their lives.

Children learn about:

- healthy lifestyles
- nutrition and healthy eating
- physical activity
- sleep
- hygiene

- emotional wellbeing
- medicines and healthcare
- substance misuse prevention
- personal safety
- first aid awareness
- puberty and growing up

The curriculum encourages children to make informed choices and develop lifelong habits that support health and wellbeing.

8. Online Safety and Digital Citizenship

The School recognises that children are growing up in an increasingly digital world and that online safety is an essential component of both safeguarding and personal development.

Children are taught to use technology safely, responsibly and respectfully. Through PSHE, Computing and wider safeguarding education, they develop an understanding of:

- online relationships and communication
- privacy and personal information
- cyberbullying
- online grooming and exploitation
- misinformation and disinformation
- digital footprints
- healthy screen use
- artificial intelligence and emerging technologies
- responsible use of social media
- reporting concerns and seeking support

Online safety is embedded throughout the curriculum and reinforced through assemblies, workshops, themed events and partnership with parents.

9. Economic Wellbeing and Financial Education

The School believes that financial literacy is an important life skill and an essential part of preparing children for the future.

Children are introduced to age-appropriate concepts relating to money, enterprise and economic understanding throughout their time at St Olave's.

Learning may include:

- recognising the value of money

- budgeting and saving
- spending choices
- needs and wants
- consumer awareness
- advertising and marketing
- charity and philanthropy
- careers and aspirations
- enterprise and entrepreneurship
- debt and financial responsibility
- economic decision-making

The curriculum aims to equip children with the knowledge and confidence needed to make informed financial decisions and develop responsible attitudes towards money.

10. Equality, Diversity and Inclusion

The School is committed to ensuring that all children feel valued, respected and included.

PSHE provides opportunities for children to explore and celebrate diversity while developing understanding, empathy and respect for others.

The curriculum reflects the School's commitment to equality and actively promotes understanding of:

- different families and relationships
- disability and inclusion
- race and ethnicity
- religion and belief
- gender equality
- protected characteristics
- fairness and social justice

Teaching is delivered in a manner that is age-appropriate, respectful and consistent with the School's values, the Equality Act 2010 and the Independent School Standards.

Children are encouraged to recognise both shared humanity and individual differences, fostering a culture of belonging and mutual respect.

11. Safeguarding and PSHE

PSHE plays a vital role in the School's safeguarding curriculum.

Through carefully planned learning, children develop the knowledge and skills needed to recognise risk, protect themselves and seek help when required.

Safeguarding themes addressed through the curriculum include:

- healthy and unhealthy relationships
- consent and boundaries
- bullying and discrimination
- online safety
- mental health and wellbeing
- exploitation
- personal safety
- peer-on-peer abuse
- trusted adults and support networks

The curriculum supports the School's safeguarding ethos and reinforces the message that children should always speak to a trusted adult if they are worried about themselves or others.

Staff understand that PSHE discussions may occasionally lead to safeguarding disclosures. Such disclosures will be managed in accordance with the Safeguarding and Child Protection Policy.

12. SMSC, British Values and Rights Respecting Education

PSHE makes a significant contribution to children's Spiritual, Moral, Social and Cultural (SMSC) development and supports the promotion of Fundamental British Values.

Through the curriculum, children develop an understanding of:

- democracy
- the rule of law
- individual liberty
- mutual respect
- tolerance of different faiths and beliefs

Children are encouraged to participate actively in school life and understand their responsibilities as members of local, national and global communities.

As a school committed to the principles of the United Nations Convention on the Rights of the Child (UNCRC), children are also taught about rights, responsibilities, fairness and social

justice. Rights Respecting principles are embedded throughout the curriculum and wider life of the School.

13. Oracy, Discussion and Pupil Voice

The School believes that effective communication is fundamental to personal development and citizenship.

PSHE provides regular opportunities for children to:

- express opinions respectfully
- participate in discussion and debate
- listen actively to others
- present ideas confidently
- consider alternative viewpoints
- develop reasoning and critical thinking skills

Children are encouraged to contribute to decision-making within the School through pupil voice initiatives, leadership opportunities and participation in School Parliament.

These experiences help children develop confidence, independence and a sense of responsibility towards others.

14. Curriculum Delivery

From September 2026, the School uses the Kapow PSHE and Relationships Education curriculum as the primary scheme supporting the delivery of PSHE, Relationships Education and RHE.

The curriculum is adapted where necessary to reflect the specific needs of the children and the ethos and values of St Olave's Prep School.

PSHE is delivered through:

- discrete curriculum lessons
- assemblies
- themed events and awareness weeks
- educational visits
- pupil leadership opportunities
- enrichment activities
- charitable and community projects
- cross-curricular links

The curriculum is carefully sequenced to ensure progression from Nursery to Year 6 and reflects the developmental needs of children at each stage.

15. Assessment, Monitoring and Evaluation

Assessment in PSHE focuses on children's developing knowledge, understanding, attitudes and skills rather than on formal testing.

Teachers assess learning through discussion, observation, reflection, written work and participation in activities.

Children are encouraged to reflect on their own learning and consider how their knowledge and understanding have developed over time.

The PSHE Subject Leader monitors curriculum implementation, pupil outcomes and staff confidence through:

- lesson observations
- work scrutiny
- pupil voice activities
- planning reviews
- staff discussion
- curriculum evaluation

Monitoring outcomes are used to inform future curriculum development and professional development priorities.

16. Roles and Responsibilities

Trustees

Trustees are responsible for ensuring that the School fulfils its statutory and regulatory responsibilities relating to PSHE, Relationships Education and RHE.

Headteacher

The Headteacher is responsible for ensuring that the curriculum reflects the School's values, complies with statutory requirements and supports children's personal development.

PSHE Subject Leader

The PSHE Subject Leader is responsible for overseeing curriculum development, monitoring implementation, supporting colleagues and evaluating the effectiveness of provision.

Staff

All staff are responsible for contributing to the personal development, wellbeing and safeguarding of children and for delivering the curriculum effectively where appropriate.

Parents

The School values partnership with parents and recognises their role as children's first educators. Parents are encouraged to engage positively with the curriculum and work collaboratively with the School in supporting children's development.

17. Parental Engagement and Right to Withdraw

The School is committed to working openly and positively with parents regarding PSHE, Relationships Education and RHE.

Information about the curriculum will be made available to parents and opportunities will be provided for discussion where appropriate.

Parents do not have the right to withdraw their child from statutory Relationships Education or Health Education.

Parents may request withdrawal from the non-statutory sex education elements of the programme delivered in Years 5 and 6. Requests should be made in writing to the Headteacher and will be considered in accordance with current statutory guidance.

18. Monitoring and Review

This policy will be reviewed annually or sooner if required by changes to legislation, statutory guidance or school practice.

The School will regularly evaluate the effectiveness of its PSHE provision and ensure that the curriculum remains relevant, inclusive, ambitious and responsive to the needs of its children.

Summary

At St Olave's Prep School, PSHE, Relationships Education and RHE are central to our mission of developing confident, compassionate, curious and courageous young people.

Through a carefully planned curriculum and a culture rooted in wellbeing, safeguarding, inclusion and high expectations, we equip children with the knowledge, understanding and character needed to thrive in school, contribute positively to society and lead happy, healthy and fulfilling lives.

