PSHE One-Page Policy Summary for Parents and Carers

What is PSHE?
PSHE (Personal, Social, Health and Economic Education) helps children develop the knowledge, skills and understanding they need to stay healthy, safe and prepare for life in modern Britain. Our PSHE curriculum includes:

- Relationships Education
- Health Education
- Emotional wellbeing and mental health
- Safety, including online safety
- Citizenship and British Values
- Economic wellbeing and money education

Our Approach
At Beech Grove Primary School, we believe PSHE is an important part of helping children become confident, healthy, respectful and responsible members of society.

We aim to:

- Support children's emotional wellbeing and mental health
- Teach children how to build healthy, respectful relationships
- Help children stay safe both online and offline
- Develop resilience, independence and confidence
- Create a culture of kindness, inclusion and respect

What Do Children Learn?
We use the Jigsaw PSHE programme, which is taught through six half-termly units:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Topics are revisited throughout primary school in an age-appropriate and progressive way.

Relationships and Health Education
Relationships Education and Health Education are statutory subjects and are taught to all primary-aged pupils. Children learn about:

- Families and caring relationships
- Friendships and respect
- Bullying and discrimination
- Online safety
- Personal safety and seeking help
- Mental wellbeing
- Physical health and healthy lifestyles
- Basic first aid
- Puberty and growing up

Sex Education
At Beech Grove Primary School, age-appropriate sex education is taught in Years 5 and 6. This focuses on factual information about:

- Human reproduction
- Conception
- Pregnancy
- Birth

Parents and carers have the right to withdraw their child from some or all of this non-statutory sex education. Parents and carers cannot withdraw their child from:

- Relationships Education
- Health Education
- Science curriculum content

Inclusion and Respect
Our curriculum reflects the diverse world in which our children live. We teach children that:

- Everyone deserves kindness and respect
- Families come in many forms
- Differences should be valued
- Bullying and discrimination are never acceptable
- All teaching is age-appropriate and delivered sensitively.

Working in Partnership with Parents and Carers
We recognise that parents and carers are children's first and most important educators. We are committed to:

- Being open about what children learn
- Sharing information about the curriculum
- Listening to feedback from families
- Working together to support children's wellbeing and development

Find Out More
Further information can be found on the PSHE page of our website. Here you will find:

- Our PSHE Policy
- Curriculum Overviews and Knowledge Organisers
- PSHE Parent Consultation Outcomes

If you have any questions about our PSHE curriculum, please contact the school office to arrange an appointment with the PSHE Lead or Headteacher.