

PERSONAL, SOCIAL AND HEALTH EDUCATION POLICY
INCLUDING RELATIONSHIPS AND SEX EDUCATION
(RSE)

March 2025

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Approved by Governors: 11.04.2025

Review Date: March 2026



Introduction

In 2024, the DfE updated the statutory guidance for PSHE, RSE, and mental health education. While PSHE remains a non-statutory subject, all schools must provide a curriculum that is broad, balanced, and meets pupils' needs under section 78 of the Education Act 2002 and the Academies Act 2010.

Key updates in 2024 include:

- Enhanced mental health and well-being provisions, ensuring support aligns with the government's mental health strategy.
- Greater emphasis on online safety and AI-related risks, aligning with the revised Keeping Children Safe in Education (KCSIE) 2024.
- Increased focus on SEND inclusivity, ensuring all pupils, including those with additional needs, can fully access PSHE education.
- Stronger parental engagement and transparency, particularly regarding RSE and safeguarding policies.

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, made Relationships Education compulsory for all pupils receiving primary education. They also made Health Education compulsory in all schools except independent schools.

At Dovers Green we use the **Jigsaw** scheme of work as the basis of our PSHE Curriculum. The Jigsaw Programme offers us a comprehensive, carefully thought-through scheme of work which brings consistency and progression to our children's learning in this vital curriculum area. We are confident that the Jigsaw Programme covers all aspects of Relationships, Sex and Health Education (RSHE)



within the context of a full PSHE programme in an age-appropriate way. Should changes to these curriculum areas occur in the future, Jigsaw will provide its schools with materials to ensure all statutory duties are fulfilled. Jigsaw also supports the 'Personal Development' and 'Behaviour and Attitude' aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

This PSHE policy is also informed by existing DfE guidance on:

- [Keeping Children Safe in Education 2024](#) (statutory guidance)
- [Safeguarding \(Working Together to Safeguard Children: A guide to inter-agency working to safeguard and promote the welfare of children, 2015, updated 2024\)](#)
- [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#) Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers
- [Citizenship programmes of study: key stages 1 and 2](#) (Non-statutory Guidance about teaching citizenship in England DfE 2015)
- [Behaviour and Discipline in Schools](#) (2024 update- advice for schools, including advice for appropriate behaviour between pupils).
- [Equality Act](#) (Equality Act 2010: Advice for school leaders, school staff, governing bodies and local authorities, revised June 2014).
- [SEND code of practice: 0 to 25 years](#) (statutory guidance)
- [Mental Health and Behaviour in Schools](#) (advice for schools)
- [Preventing and Tackling Bullying](#) (Advice for head teachers, staff and governing bodies, including advice on cyberbullying July 2014, updated 2017)
- [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 meets all the outcomes in the PSHE Association Programme of Study.

Aim of the Jigsaw PSHE policy

The aim is to provide children with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life-long learning.

Objectives

Jigsaw PSHE will support the development of the skills, attitudes, values and behaviour, which enable children to:

- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

How is Jigsaw PSHE organised in school?

Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory assembly, generating a whole school focus for adults and children alike. There are six Puzzles in Jigsaw that are designed to progress in sequence from September to July. Each Puzzle has six Pieces (lessons). Each Piece has two Learning Intentions: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education but enhanced to address children's needs today); and one is based on emotional literacy and social skills development to enhance children's emotional and mental health. The enhancements mean that Jigsaw, the mindful approach to PSHE, is relevant to children living in today's world as it helps them understand and be equipped to cope with issues like body image, cyber and homophobic bullying, and internet safety. Every Piece (lesson) contributes to at least one of these aspects of children's development.

Relationships Education

From September 2020, Relationships Education is compulsory for all primary schools as set out in the DfE Guidance (Updated 2021). Effective Relationships Education can make a significant contribution to the development of the personal skills needed by children if they are to establish and maintain relationships. Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'. It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Relationships & Sex Education (RSE)

RSE plays a very important part in fulfilling the statutory duties all schools have to meet. RSE helps children understand the difference between safe and abusive relationships and equips them with the skills to get help if they need it. Dovers Green teaches RSE through Science and through specific learning and teaching using the Jigsaw scheme. RSE in our school is taught through the Jigsaw puzzle titled 'Changing Me'. Each year group will be taught appropriate to their age and developmental stage. At no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, this information will be shared with you by your child's class teacher.

Below is a summary of RSE coverage within the Jigsaw scheme for each year group:

- Foundation Stage - Growing up: how we have changed since we were babies
- Year 1 - Boys' and girls' bodies; naming body part
- Year 2 - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their bodies. Further information about how the school approaches the teaching of Relationships and Sex Education is sent to parents annually and can be found in the RSE policy.

Health Education

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'.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter. The progression document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

The role of the Headteacher and Governing body

It is the responsibility of the Governors to ensure that as well as fulfilling their legal obligations, the governing boards or management committee should also make sure that:

- all children make progress in achieving the expected educational outcomes in regard to RSHE;
- RSHE is well led, effectively managed and well planned;
- the quality of RSHE provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all children with SEND;
- clear information is provided for parents on the subject content;
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations

The headteacher liaises with external agencies regarding the school RSHE programme and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework. The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy. Parents should be consulted on the RSE policy and have the opportunity to express their views. They also must be informed of the limits of their right to withdraw their child from sex education and have the opportunity to do so within these limits.

Monitoring and Review

The governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The SLT gives serious consideration to any comments from parents about the PSHE (RSHE) programme, and makes a record of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

Equalities

This policy will inform the school's Equalities Plan. The DfE Guidance 2019 states, "Schools should ensure that the needs of all children are appropriately met, and that all children understand the importance of equality and respect. The Jigsaw units are inclusive and representative of relationships and family structures in modern Britain and promote tolerance and acceptance, in line with British values. To ensure children with lesbian, gay, bisexual or transgender (LGBT+) family members feel represented through the school environment and the curriculum, we endeavor to use resources that feature a range of families and relationships. This encourages understanding, acceptance and respect of different relationships from a young age. Children need support in understanding the world in which they are growing up, which means understanding that some people are LGBT, that this should be respected in British society. Children growing up in families with LGBT members should feel that Relationships Education and RSE is relevant to them.

Differentiation/SEN

Jigsaw is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. Teachers will need, as always, to tailor each Piece (lesson) to meet the needs of the children in their classes. To support this differentiation, many Jigsaw Pieces (lessons) suggest creative learning activities that allow children to choose the media with which they work and give them scope to work to their full potential. All children, including those with additional needs will be supported through scaffolding and adult support to ensure meaningful access and understanding of the PSHE curriculum. The PSHE curriculum provision is inclusive of all children and consistent with the Equality Act.

Assessment

Teachers will be eager to ensure children are making progress with their learning throughout their Jigsaw experience. Summative assessments for each lesson are RAG rated and summative assessment will be recorded at the end of the academic year.

Monitoring

The PSHE subject leader will monitor delivery of the programme through observations, 'book looks', pupil voice and discussion with teaching staff to ensure consistent and coherent curriculum provision. In addition, each subject takes part in a learning review within the MAT.

External contributors

External contributors from the community, e.g. health promotion specialists, school nurses, social workers, and community police and fire officers, make a valuable contribution to the Jigsaw PSHE programme. Their input should be carefully planned and monitored so as to fit into and complement the programme. Teachers **MUST** always be present during these sessions and remain responsible for

the delivery of the Jigsaw PSHE programme.

The Learning Environment

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital. To enable this, it is important that 'ground rules' are agreed and owned at the beginning of the year and are reinforced in every Piece (lesson) - by using The Jigsaw Charter. It needs to include the aspects below:

The Jigsaw Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Teaching Sensitive and Controversial Issues

Sensitive and controversial issues are certain to arise in learning from real-life experience. Teachers will be prepared to handle personal issues arising from the work, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting. Issues that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs include: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement.

Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to the children's attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Teachers will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class teachers or their peers.

Answering Difficult Questions and Sensitive Issues

Staff members are aware that views around RSHE-related issues are varied. However, while personal views are respected, all RSHE issues are taught without bias using Jigsaw. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect that others have the right to a different opinion.

Both formal and informal RSHE arising from pupils' questions are answered according to the age and maturity of the child/ren concerned. Questions do not have to be answered directly and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to a Designated Safeguarding Lead (DSL) if they are concerned.

Dovers Green believes that RSHE should meet the needs of all pupils, answer appropriate questions and offer support. In Jigsaw Pieces (lessons) that cover RSE provision, this should be regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation and gender diversity, answer appropriate questions and offer support. LGBT+ bullying is dealt with strongly yet sensitively. The school liaises with parents/carers on this issue to reassure them of the

content and context.

Involving parents and carers

The school believes that it is important to have the support of parents, carers and the wider community for the Jigsaw PSHE programme. Parents and carers are/will be given the opportunity to find out about and discuss the Jigsaw PSHE programme through:

- Information shared via the school website (including separate pages for Anti-Bullying, Online Safety and the Restorative Approach)
- Open door policy
- Parent Forum
- Video message sent from PSHE lead (focus on RSE elements covered in Changing Me puzzle piece)

Links to other policies and curriculum areas

We recognise the clear link between PSHE and the following policies; and staff are aware of the need to refer to these policies when appropriate.

Science curriculum

Staff Wellbeing Policy

Teaching and Learning Policy

Equal Opportunities Policy

Child Protection Policy

Anti-bullying policy

Training and support for staff

All staff benefit from Jigsaw PSHE training in order to enhance their PSHE delivery skills. Opportunities are provided for staff to identify individual training needs on a yearly basis and relevant support is provided. In addition to this, support for teaching and understanding PSHE issues is incorporated in our staff meeting programme, drawing on staff expertise and/or a range of external agencies.

Dissemination

This policy is available on our school website where it can be accessed by the community. Training is regularly delivered to staff on the policy content. Copies are available from the school office on request from parents/carers.

Safeguarding Issues

Teachers need to be aware that sometimes disclosures may be made during Jigsaw lessons; in which case, safeguarding procedures must be followed immediately. Sometimes it is clear that certain children may need time to talk one-to-one after the lesson closes. It is important to allow the time and appropriate staffing for this to happen. If disclosures occur, the school's disclosure and/or confidentiality policy is followed.