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GRANGE PARK JUNIOR SCHOOL

PSHE & RSE Policy

At Grange Park Junior School, we believe that all children have the right to a broad and balanced curriculum which enables them to become law-abiding citizens who play positive roles in society. As a school, we have a duty to educate children with age-appropriate information to prepare them for the opportunities, responsibilities and experiences of adult life. This element of the curriculum is taught in Physical, Social, Health Education (PSHE).

Jigsaw Scheme of Work

Teachers use Jigsaw as a resource to plan and support PSHE lessons for the children. Lessons are adapted to suit the needs of the children. Jigsaw is divided into six themes which are taught simultaneously across the school; by doing so, whole school PSHE events are themed and familiar to all children. The themes are as follows:

Autumn one	Being Me in My World
Autumn two	Celebrating Difference
Spring one	Dreams & Goals
Spring two	Healthy Me
Summer one	Relationships
Summer two	Changing Me

Lessons are timetabled and taught once a week via a range of speaking and listening activities as well as written tasks. Opportunity to reflect enables teachers to assess the children which is recorded and monitored by the school's PSHE Lead. All children have the opportunity to share thoughts and feelings and any safeguarding concerns are dealt with in line with our school's safeguarding policy.

Relationship & Sex Education (RSE)

RSE is taught in the summer term in 'Relationships' and 'Changing Me', in line with Jigsaw. Whereas relationships education is taught in PSHE, some biological elements of RSE is taught in upper KS2 science lessons. RSE is adapted for SEND. Correct scientific terminology for anatomical body parts are used by all teaching staff during PSHE. Parents/ carers have the right to withdraw their child from sex education taught in Year 6.

Since 2020, our RSE curriculum includes different families including same-sex relationships. Teaching styles and planning will provide suitable learning challenges, a response to diverse needs, a range of different activities and an attempt to overcome potential barriers to learning. Where identified, small group work will be carried out with children who have different needs in their social and emotional learning.

Healthy Eating

Although explicitly taught in 'Healthy Me' PSHE lessons, the teaching of healthy eating and healthy lifestyle choices is embedded into the school's culture and ethos. Children are regularly reminded about healthy choices and this includes the following:

- Children have water bottles in the classroom to drink throughout the day
- Access to drinking water
- Water or fruit juice only at lunch times

- No fizzy drinks
- Children are encouraged to bring in a fruit snack
- Parents/ carers have the option of purchasing daily milk for their child(ren)
- Hot lunches are planned and prepared in line with government guidance
- Parents/ carers are asked to that all food brought to school is nut-free
- Staff are made aware of any allergies shared by parents, carers or staff

Having successfully achieved the Bronze Healthy London Schools accreditation (June 2023), we are currently working towards achieving the Silver HLS accreditation.

Drugs & Alcohol Education

The teaching of drugs and alcohol mis-use is taught in PSHE and as part of the science curriculum. At Grange Park Junior School, we aim to provide pupils with the scientific knowledge needed to keep them and those around them safe. All children have the opportunity to share thoughts and feelings and any safeguarding concerns are dealt with in line with our school's safeguarding policy.

Pupil Engagement, Consultation & Wider Opportunities

We encourage all our pupils to play a positive role in contributing to school life and the wider community through class and school councils, fundraising events, supporting nominated charities and involvement in community activities both in and out of school. Our pupils are given opportunities in PSHE lessons and assemblies to develop confidence, self-motivation and an understanding of their rights and responsibilities within our diverse society.

In line with working as part of the local community, understanding roles in society and British values, we encourage wider opportunities and regularly invite pupil voice:

- Children learn and practice democracy when collecting pupil voice via their School Council
- The School Council are regularly invited to share their views about whole school decisions
- The Junior Travel Ambassadors meet regularly to discuss how to keep citizens safe and lead on initiatives
- The Sports Crew work alongside staff to lead and support fitness activities such as The Daily Mile
- Well-Being Buddies support peers in their class and in the playground

Parents/ carers are consulted on policy changes which are accessible our school's website. Parents have the option to request a paper copy of any school policy on our website.

Equalities

All pupils, regardless of gender, ethnic origin or ability, will be offered a programme that includes a variety of teaching methods and strategies that cater for the range of pupils and their diverse needs.

Teachers will be sensitive to the fact that pupils may have varying attitudes towards PSHE which are influenced by their cultural and religious backgrounds.

Care will be taken to ensure that vulnerable pupils, including those with special educational needs, will receive their entitlement to PSHE. Teachers will focus on developing confidence and skills to encourage and develop their pupils so that they become positive and valuable citizens.