

<b>Name of school</b>	<b>The Lyceum</b>
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<b>Member of staff responsible</b>	<b>Fernando Fernandez</b>
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### 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 this includes a robust Personal, Social, Health and Economic (PSHE) education.

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**

At The Lyceum, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as individuals and because we believe that this also supports their learning capacity.

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.

The overview of the programme can be seen on the school website.

This contributes 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.

### **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*

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society."

*Secretary of State Foreword DfE Guidance 2019 p.4-5*

"Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons."

“All schools must have in place a written policy for Relationships Education and RSE.”

Here, at The Lyceum we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

Statutory Relationships and Sex Education (RSE) is included within our whole-school PSHE programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our pupils’ needs. The mapping document (as seen on our website): Jigsaw 3-11 and statutory Relationships and Sex Education, shows exactly how Jigsaw and therefore The Lyceum, meets the statutory Relationships and Sex Education requirements.

This programme’s complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported.

Our PSHE policy is informed by existing DfE guidance:

- [Keeping Children Safe in Education](#) (statutory guidance)
- [Equality Act 2010 and schools](#)
- [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 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. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year. For a more detailed overview follow this link: [Snapshot Map All Years.pdf](#)

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) and understanding
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 The Lyceum we allocate 60 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way. In EYFS, the activities are carried out as shorter sessions and accumulate to 60 minutes over the course of the week. This is supported by assemblies (section and whole school) and Circle Times. Class teachers deliver the weekly lessons to their own classes.

Fundamental British Values are taught through the Jigsaw Programme in every lesson. The mapping document ([UK-British-Values-in-Jigsaw-by-Lesson.pdf](#)) clearly identifies what aspect is covered in each lesson.

## **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 covers 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

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.

## **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', 'Developing bodies'.

As recommended by the Department for Education (DfE) on page 33, the topic of 'developing bodies' should not be introduced before Year 4. Therefore, we have revised our curriculum to align with this guidance. Starting from Year 4, pupils will be expected to know:

1. about growth, change and the changing adolescent body, This topic should include the human lifecycle. Puberty should be mentioned as a stage in this process.
2. the key facts about the menstrual cycle, including physical and emotional changes

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.

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).

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, but the Department recommends that primaries teach sex education in years 5 or 6 (this should be taught no earlier than year 5) in line with what pupils learn about conception and birth as part of the national curriculum for science (DfE guidance, page 22)

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'. The aim of teaching aspects of sex education in primary is not to prepare pupils for sexual activity in later life. It should only focus on giving pupils the information they need to understand human reproduction and for their own safety. To ensure the content does not go beyond this, schools should take account of the age restrictions set out in the secondary RSHE curriculum tables, which are clear that some topics should not be taught before secondary school (DfE guidance, page 21)

At The Lyceum, we believe children should understand the facts about human reproduction before they leave primary school so, through the use of the Jigsaw curriculum, we will deliver this in an age-appropriate way in the Summer Term.

### **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

At The Lyceum, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). Puberty is also covered as part of the statutory Science curriculum. 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 2A (Having a Baby)

In line with the new DfE guidance, sex education will not be introduced until Year 5. As a result, the original Year 4 Lesson 2 has been revised. We will now use an alternative lesson, Piece 2A. The content and language used will align with our current policy.

Year 5, Lesson 4 (Conception)

Year 6, Lesson 4 (Conception, birth)

The school will inform parents of this right in writing during the Spring Term before the Changing Me Puzzle is taught in the Summer Term.

### **Monitoring and Review**

The governing body monitors this policy on an annual basis. They give serious consideration to any comments from parents about the PSHE and RSE 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. Parents are consulted on their views during parent forums. As well as fulfilling their legal obligations, the governing body make sure that:

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

### **Equality**

This policy will inform the school's Equal Opportunities Policy.

The DfE Guidance 2019 (p. 15) states, *"Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics..."*

The protected characteristics as listed in section 4 of the Equality Act 2010 are as follows:

- a. Age
- b. Disability
- c. Gender reassignment
- d. Marriage and civil partnership
- e. Pregnancy and maternity
- f. Race
- g. Religion or belief
- h. Sex
- i. Sexual orientation.'

*At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".*

At The Lyceum we promote respect for all and value every individual. 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 and RSE programme please see the following document on the PSHE section:

*'Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?'*

### **Links with other subjects**

**History:** reasons for the results of historical events, situations and changes, diversity within society, significant people, ideas and experiences of people from the past.

**RE:** religious and moral beliefs, values and practices that underpin and influence personal and social issues and relationships. Tolerance of different faiths, cultures and beliefs/non-beliefs. Additionally, we are following the Jigsaw R.E. programme, which integrates seamlessly with our Jigsaw scheme.

**English:** skills in enquiry and communication, stories that illustrate aspects of personal and social development.

**Mathematics:** aspects of financial and economic capability, counting and sharing.

**Science:** Sex and Relationship Education, health (including the harmful effects of illegal drugs, alcohol and solvent abuse) healthy eating, safety, the environment and awareness of various disabilities e.g. blindness

**DT:** health and safety, realising people have needs as they design ideas, technology.

**ICT/Computing:** finding information on the internet and promoting safety on the Internet. In relation to 'Prevent', The Lyceum focuses on establishing safe school systems and filtering in order to keep children safe from terrorist or extremist material. It is our aim that the children are aware of both the benefits and dangers of the internet.

**Geography:** topical issues concerning the environment, sustainable development, study of pupils' own locality and places in different parts of the world, including less economically developed countries.

**Art:** reflecting on ideas and experiences communicated through works of art, craft and design from various cultures.

**Music:** making the most of abilities in playing and singing, issues of cultural diversity.

**PE:** teaching and learning about health and safety, development of social skills through team and individual activities, games and sports. The relevance of rules and laws and the benefits of our adherence to them is an important aspect of the teaching throughout the school. PE lessons can be an excellent platform for promoting resilience.

**This policy links closely with other school policies, including:**

5b. PSHE Policy Reviewed by FF and ST: February 2024  
Next Review: July 2025 by FI & FF



- Safeguarding Policy
- Health & Safety Policy
- Relationship, Sex and Health Education Policy
- Science Policy
- SMSC Policy (promoting Spiritual, Moral, Social and Cultural values in schools)
- Behaviour Policy
- Anti-Bullying Policy
- Equal Opportunities Policy