Personal, Social, Health and Economic Education (PSHE)

Through PSHE, children learn to build positive relationships, look after their physical and mental health and make safe, informed choices. We want them to grow into confident, caring and responsible members of their communities.



We follow the **Cambridgeshire Primary Personal Development Programme**, which is organised into four strands.

- **Myself and My Relationships**
- **Healthy and Safer Lifestyles**
- **Citizenship**
- **Economic Well Being**

Children revisit key ideas as they move through the school, building on what they have already learnt. PSHE also links to learning in science, food technology, PE and RE. Through circle time, role play, discussion and group work, children practise listening to different points of view, working through disagreements and making decisions. They learn how to recognise when they feel unsafe or worried, who they can talk to and how to ask for help.

Relationships Education, Health Education and Sex Education

Relationships Education and Health Education are statutory and form part of our PSHE curriculum. Children learn about families, friendships, respectful relationships, staying safe and looking after their physical and mental health. They also learn about puberty as part of Health Education.

In Year 6, we teach children about conception as part of our sex education programme. Parents and carers can ask the headteacher to withdraw their child from some or all of the sex education taught outside the science curriculum. The headteacher must grant such a request. The right to withdraw does not apply to Relationships Education, Health Education or content taught as part of the science curriculum