



PHSE and RSE

Intent

At Greenside, Relationships and Sex Education (RSE) and Personal, Social, Health and Economic Education (PSHE) are at the heart of everything we do. We believe that children's personal development is just as important as their academic success. Our intention is to provide every pupil with the knowledge, skills and emotional literacy they need to understand themselves, relate well to others and navigate the world around them with confidence and care.

Through our carefully planned curriculum, we aim to:

- Create a safe and respectful environment where all children feel heard and valued
- Equip pupils with the language and strategies to express their emotions, manage challenges and make positive choices
- Promote kindness, empathy and mutual respect across our diverse school community
- Teach children how to build healthy relationships and recognise what is safe, respectful and appropriate
- Provide age-appropriate, factual and inclusive RSE that reflects our school's values and statutory guidance
- Support pupils to understand their rights and responsibilities as members of a wider global community
- Foster self-awareness, resilience and self-belief so that children are empowered to lead happy, healthy lives

We recognise that families play a vital role in this learning journey. That's why we involve our school community in shaping our RSE policy and consult with parents annually to ensure that what we teach reflects our shared values and priorities.

Implementation

We use a combined approach to deliver PSHE and RSE effectively throughout the school:

- The Jigsaw programme provides a structured and progressive PSHE curriculum, covering six key themes across the year:



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

- The myHappyMind programme complements this by supporting mental health and wellbeing through neuroscience, character strengths and habits of mind
- Weekly timetabled PSHE lessons ensure consistency and progression from EYFS to Year 6
- Learning is reinforced through assemblies, class discussions, themed days and cross-curricular links
- Staff receive training and support to deliver lessons sensitively and confidently
- We consult families on RSE content and policy each year, creating space for questions, reflection and collaboration

Impact

As a result of our commitment to high-quality RSE and PSHE, our pupils:

- Can name and regulate their emotions, and support others in doing the same
- Build and maintain healthy friendships and demonstrate care and compassion in their interactions
- Speak with confidence about their wellbeing, relationships and rights
- Understand how to stay safe, including online and in the wider world
- Are prepared for puberty and changes in their bodies with age-appropriate knowledge
- Show tolerance, inclusion and pride in the diversity of their school and the wider world
- Leave Greenside as thoughtful, respectful and emotionally secure young people, ready to thrive in the next stage of their education and beyond