



Name of school	Ingleton C of E Primary School
Date of policy	September 2025
Member of staff responsible	Mrs. R. Carr
Review date	September 2026

Vision Statement

Through our Christian values, we ensure that every child shines in their own unique way. As a family, we welcome all into our safe, nurturing learning environment where we respect and celebrate each other's achievements. We want all our children to be confident, independent and resilient learners, with a sense of belonging, a feeling of being loved and valued and ready to make their mark on the world.

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16

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 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society.
- Prepares pupils for the opportunities, responsibilities and experiences of later life.

PSHE

At Ingleton C of E Primary School, 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 PSHE Programme offers a comprehensive and carefully structured Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

In addition, pupils receive regular online safety education through computing lessons using the 2BeSafe – Being Safe in a Digital World provided through Purple Mash. These short weekly learning opportunities reinforce the knowledge and skills taught through PSHE and ensure pupils develop the understanding required to stay safe in an increasingly digital world.

Together, these approaches support the Personal Development and Behaviour and Attitudes aspects evaluated under the Ofsted Inspection Framework, and contribute significantly to the school's safeguarding responsibilities, equality duties and the promotion of British Values and SMSC (Spiritual, Moral, Social and Cultural) development.

Statutory Relationships and Health Education

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Health Education compulsory in all state-funded schools.

Children today are growing up in an increasingly complex world where they interact both online and offline. This presents many positive opportunities but also challenges and risks.

In this environment, children need to know how to:

- stay safe and healthy
- develop respectful relationships
- manage their academic, personal and social lives positively
- understand how to behave responsibly in both real and digital environments

These subjects therefore represent an important opportunity to help children develop the knowledge, skills and attributes they need to become successful and happy adults.

Our approach at Ingleton C of E Primary School

At Ingleton C of E Primary School we value PSHE as a key way to support children's development as individuals, enabling them to understand and respect who they are, develop their voice and prepare for life in modern Britain.

We include the statutory Relationships and Health Education within our whole-school PSHE programme.

To ensure progression and a spiral curriculum, we use the Jigsaw mindful approach to PSHE, tailoring it to the needs of our pupils.

In addition to this, pupils regularly explore online safety through computing lessons using the 2BeSafe – Being Safe in a Digital World programme through Purple Mash. These lessons provide practical guidance on digital citizenship, responsible technology use and online safety.

Our PSHE policy is informed by current DfE guidance including:

- Keeping Children Safe in Education
- Working Together to Safeguard Children
- Behaviour and Discipline in Schools
- Preventing and Tackling Bullying
- Mental Health and Behaviour in Schools
- SEND Code of Practice (0–25 years)
- Equality Act 2010

The programme is also aligned with the guidance of the PSHE Association.

As a Church of England school, our curriculum also reflects the principles of dignity, respect and inclusion promoted by the Church of England.

What do we teach and when?

Whole-school approach

The Jigsaw programme covers all areas of PSHE for the primary phase including statutory Relationships and Health Education.

The six units are taught across the school each year and learning deepens as pupils progress through the school.

Term	Puzzle (Unit)	Content
Autumn 1	Being Me in My World	Identity, belonging and responsibilities within the class and wider community
Autumn 2	Celebrating Difference	Diversity, respect and anti-bullying (including cyberbullying)
Spring 1	Dreams and Goals	Aspirations, goal setting and personal achievement
Spring 2	Healthy Me	Healthy lifestyles, emotional wellbeing and substance education
Summer 1	Relationships	Friendships, family relationships and communication
Summer 2	Changing Me	Coping with change including Relationships and Sex Education

PSHE lessons are taught weekly by class teachers.

Learning is reinforced and enhanced through:

- assemblies and collective worship
- behaviour and reward systems
- positive relationships across the school
- cross-curricular learning
- computing lessons that include regular online safety learning through 2BeSafe – Being Safe in a Digital World

Relationships Education

Relationships Education in primary schools covers:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

These areas are addressed through Jigsaw units such as Relationships, Celebrating Difference, Changing Me and Being Me in My World.

Learning about online relationships and digital communication is further reinforced through computing lessons using the 2BeSafe – Being Safe in a Digital World programme, which helps pupils understand how respectful behaviour applies both online and offline.

Health Education

Health Education covers:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- the changing adolescent body

Children also learn about safe technology use, the impact of digital media on wellbeing and how to protect personal information online. These topics are taught through PSHE lessons and reinforced through computing lessons using the 2BeSafe – Being Safe in a Digital World programme.

Sex Education

The DfE recommends that all primary schools have a sex education programme tailored to the age and maturity of pupils, although sex education itself is not compulsory at primary level.

At Ingleton C of E Primary School, puberty education is taught as part of statutory Health Education through the Changing Me unit.

We believe children should understand the basic facts about human reproduction before they leave primary school.

Parents will be informed before these lessons take place and reminded of their right to request withdrawal from non-statutory sex education lessons. We define Sex Education as understanding human reproduction, and therefore inform parents of their right to request their child be withdrawn from PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) e.g.

- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 3 (Babies Conception to Birth)

Parents are consulted on the organisation and the delivery of our sex education curriculum. The age and development of pupils is always considered when delivering sex education. All staff will use scientifically correct vocabulary to avoid misunderstandings and ambiguity.

Parents' right to withdraw

Parents do not have the right to withdraw their child from Relationships Education or Health Education.

Parents may request that their child is withdrawn from some or all sex education delivered outside of the statutory science curriculum.

The Headteacher and RSHE lead will discuss the request with parents and consider the child's best interests before making a decision.

This process is the same for pupils with SEND. However, there may be exceptional circumstances where the head teacher may want to take a pupil's specific needs arising from their SEND into account when making this decision.

The head teacher will not grant a request to withdraw a pupil from any sex education delivered as part of the science curriculum.

If a pupil is withdrawn from sex education, the pupil will receive appropriate, purposeful education during the period of withdrawal.

Where there is shared parental responsibility, both parties should, where possible, reach a shared agreement to request that their child is withdrawn from sex education.

Monitoring and Review

The Academy Council monitors this policy annually and considers any comments from parents regarding the PSHE and RSHE programme.

Teaching materials are reviewed to ensure they remain appropriate, inclusive and in line with the school's Christian ethos.

Equality

This policy supports the school's Equality Plan.

Under the Equality Act 2010, schools must ensure teaching is inclusive and respects protected characteristics.

At Ingleton C of E Primary School we promote respect for all and value every individual child. We recognise that pupils, staff and families may hold different beliefs and we approach Relationships and Health Education with sensitivity while upholding our commitment to dignity, respect and inclusion.