



PSHE/ RSE Policy – Junior School (inc EYFS)

ISI Regulation	3: Welfare, Health and Safety of Pupils
Reviewed by	Kate Cheetham, Assistant Head Pastoral (Upper Junior School) & Alexandria Rowland Assistant Head Pastoral (Lower Junior School)
Date	September 2026
Date of next Review	September 2027

Updated for 2026 Statutory Guidance

This policy reflects the 2025–2026 Department for Education statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, effective from 1 September 2026, and outlines how Wimbledon High Junior School delivers high-quality, age-appropriate PSHE and RSHE in line with the school's ethos, values and commitment to the wellbeing of every pupil. In response to the updated guidance, the PSHE long-term plan has been refined to make progression and statutory coverage more explicit, with no new topics added but greater emphasis placed on the consistent teaching of consent and boundaries, strengthened online safety (including scams, image sharing and age-appropriate awareness of AI-generated content), and a clearer focus on help-seeking within mental health education. Sex Education is clearly identified as optional content in Year 6, building on statutory puberty learning, ensuring clarity, transparency and full compliance with statutory expectations.

1. Policy Statement

At Wimbledon High Junior School, our Personal, Social, Health and Economic (PSHE) education programme aims to empower pupils to become confident, compassionate and responsible members of society. Our Relationships, Sex and Health Education (RSHE) curriculum supports pupils' personal development by nurturing curiosity, wellbeing and strong character, within a framework of kindness, respect and integrity.

2. Aims of PSHE / RSHE at WHJS

Our PSHE and RSHE curriculum aims to develop pupils' knowledge, skills and understanding so that they can:

- develop positive, kind and respectful relationships
- recognise, understand and manage emotions effectively
- keep themselves safe both online and offline
- build resilience, empathy and a secure sense of identity
- maintain and support their physical and mental wellbeing
- respect diversity and understand protected characteristics
- be prepared for the physical and emotional changes of puberty



- make informed, healthy and responsible decisions

3. Statutory Requirements

The school's PSHE programme fulfils all statutory requirements for primary schools, including:

- Relationships Education
- Health Education
- National Curriculum Science content relating to body parts, puberty and reproduction

4. Curriculum Content

4.1 Relationships Education

Pupils learn about families, friendships, respect, kindness, inclusion, stereotypes, online relationships, consent and personal boundaries. Learning is carefully sequenced and revisited throughout the school to ensure age-appropriate progression and understanding.

4.2 Health Education

Pupils are taught about physical health and wellbeing, including nutrition, physical activity, hygiene, substances, mental wellbeing, online wellbeing, basic first aid, puberty and menstrual health. Teaching places particular emphasis on emotional literacy, resilience and knowing when and how to seek support.

4.3 Sex Education (Non-statutory)

Wimbledon High Junior School teaches non-statutory Sex Education as part of the Year 6 curriculum. This teaching is delivered by the School Nurses and focuses on factual, age-appropriate content linked to reproduction and birth, building on statutory learning about puberty. Parents are informed in advance of the content and have the right to withdraw their child from non-statutory Sex Education lessons, and are encouraged to discuss any questions or concerns with the school.

5. Teaching and Learning

PSHE and RSHE are delivered by trained teachers using inclusive, well-sequenced and carefully structured lessons that create a safe and supportive learning environment. Staff delivering PSHE and RSHE receive appropriate training and support to ensure confident, consistent and sensitive delivery, underpinned by high-quality resources.

6. Safeguarding

Safeguarding underpins all PSHE and RSHE teaching at Wimbledon High Junior School. Staff follow the school's safeguarding procedures and *Keeping Children Safe in Education*, ensuring that any disclosures are managed appropriately and sensitively. Pupils are taught how to recognise unsafe situations, how to report concerns, and that seeking help is always the right and responsible action.



7. Equality, Diversity and Inclusion

Wimbledon High Junior School promotes equality, diversity and inclusion by ensuring that all pupils feel valued, respected and represented within the curriculum. PSHE and RSHE teaching actively challenges stereotypes and discriminatory behaviour and fosters a culture of kindness, fairness and belonging. Teaching is adapted as necessary to meet the needs of all pupils, including those with SEND, ensuring learning is accessible, appropriately scaffolded and sensitive to individual needs.

8. Religion & World Views

At Wimbledon High Junior School, pupils explore a range of religious and non-religious world views through the Kapow Religion & World Views curriculum. Teaching is enquiry-based, inclusive and open-minded, encouraging pupils to ask questions, consider different perspectives and respect the beliefs and values of others. This supports our wider PSHE provision by promoting empathy, critical thinking, mutual respect and an appreciation of diversity within modern British society.

9. Working with Parents

Parents are informed of PSHE content each term through the curriculum overview on Firefly. Prior to the Year 4 puberty lessons, parents are invited to an online information session led by the School Nurses and are provided with a letter and access to the teaching materials via Firefly. In Year 6, parents are invited to a further session outlining the Sex Education lessons delivered by the School Nurses and are reminded of their right to withdraw their child from non-statutory content. We also consult with parents each term through our pastoral focus group, seeking feedback on what is currently taught and inviting suggestions for improvement. Input from parents is clearly signposted on our PSHE/RSHE scheme of work.

10. Monitoring and Review

The PSHE Leads are the two Assistant Heads (Pastoral), who conduct termly reviews of planning and delivery and hold pupil-conferencing sessions with pupils to gather feedback. PSHE is assessed through observation, discussion and pupil reflection rather than formal assessment, and feedback from pupils is used to inform ongoing curriculum development and refinement.

11. Roles and Responsibilities

Responsibility for PSHE and RSHE is shared across the school community:

- **Governors:** oversee statutory compliance and strategic direction
- **Head of Junior School:** has overall responsibility for curriculum implementation
- **PSHE Leads (Assistant Heads – Pastoral):** lead, monitor and review provision
- **Teachers:** deliver PSHE and RSHE in line with school policy and guidance