May 2026-May 2028

Bishop Monkton CE School

Personal, Social and Health Education Policy

Our school ethos of Ready, Kind and Curious

Our School Vision of "We act justly, love kindness and walk humbly with God" – Micah 6:8

INTENT

At Bishop Monkton School we believe all children should flourish. Learning to respect and care for themselves, one another, their community and environment and enabling them to grow up to be informed, active, responsible and healthy citizens is vital. Our Personal, Social and Health education (PSHE) curriculum fulfils the statutory requirements for Relationships and Health Education (RHSE) set out by the Department for Education as well as the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education') and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

However, at our school, PSHE goes beyond fulfilling statutory requirements. It is about equipping our children with the knowledge and skills to fulfil our school vision: to be healthy, happy and vibrant individuals who are learning how to become responsible and respectful citizens. We want our children to understand themselves, to have positive relationships in their lives, to feel safe and in control and to be able to contribute positively to an ever-changing world.

IMPLEMENTATION

The following named policies should be read in conjunction with this policy:

- Relationships and Sex Education
- Science
- Physical Education/Sport
- Religious Education

Organisation and Provision of PSHE:

- PSHE will be explored through both a formal and informal PSHE curriculum (Kapow – supplemented by The Oak Academy, Grammarsaurus and the PSHE Association), school council, collective worship time, the school value and British value, enhancement days, themed weeks and extra-curricular activities.
- It is delivered by teachers using Kapow, to individual year groups (where possible) to ensure that the children are being taught the correct programme of study that offers a spiral curriculum. It covers 5 main areas that are regularly revisited as children go through the school.

- Family and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

- Children's prior knowledge is utilised, building on previous foundations. Teaching is age-appropriate and covers themes such as:
  - ✓ Valuing families and different family structures
  - ✓ Creating and maintaining positive friendships
  - ✓ Developing safe and respectful relationships
  - ✓ Understanding the changes that take place during puberty
  - ✓ Promoting good health and carrying out first aid
  - ✓ Learning to make independent choices and not to be influenced by others
  - ✓ Operating safely in a digital world
  - Some aspects of PSHE may be linked to other areas of the curriculum e.g. Health in Science but others may be taught/learned as discrete units.
  - Sustainable development will be taught through PSHE and explored further through Eco-warriors.
  - Links are encouraged with other bodies to enrich the PSHE curriculum and children's learning e.g. School Waste and Climate Change through Harrogate Borough Council; Y6 Bikeability; Global Education through Diocese; Crucial Crew; Ripon Foodbank.
  - Other related professionals will be invited to speak to the children as appropriate to the PSHE curriculum and resources used will be shared with parents/carers
  - Collective Worship will focus on aspects of pupil's personal, social and health development at times as appropriate.
  - Value certificates are awarded in line with the school value and British value. This encourages and rewards personal, social and health development.
  - A Growth Mindset approach will underpin teaching and learning and emotional wellbeing within the school.

Early Years Foundation Stage (EYFS)

We teach personal, social and emotional development in nursery/EYFS as an integral part of our learning through play and work. Teaching PSHE develops essential skills to help enhance a child's personal, social and emotional development (key elements – self regulation, managing self and building relationships) as set out in the early learning goals (ELG's). Adults facilitate activities and through being positive role models help secure this.

Inclusion

At our school we teach PSHE to all children, meeting ability and individual needs. We strive to meet the needs of those children, those with disabilities or those with special gifts and talents.

School Council:

- Two pupils from each year group, one boy and one girl, will form the school council each year. The school council are chosen through a democratic system in which all children have the opportunity to be elected and to vote.
- School Council will learn to act as a committee, running meetings appropriately with a member of staff present, acting as a strong pupil voice for the children.

Pupils' Personal Development: We actively promote opportunities for children to grow in their personal development through joining one of the many clubs of interest which include:

- ✓ Eco-warriors
- ✓ Digital leaders
- ✓ Wellbeing warriors
- ✓ Worship leaders
- ✓ Sports crew

Year 6 can run clubs for younger children such as Chess, Art and Craft or Coding.

Years Reception – Year 5 are also able to be peer-mentors. These children are chosen as they have demonstrated our values and lead by example.

Monitoring and Assessment of PSHE:

- Before and end of unit assessments are carried out through Kapow.
- The annual school report will include a comment about development in PSHE.
- Children are informally assessed by staff throughout their work through observations, discussions and marking of work to assess understanding.

IMPACT

By the time children leave our school they will have a good understanding of who they are, how they belong, how they can have positive relationships and use their knowledge to contribute positively to society, bringing them an all-rounded sense of wellbeing.

Signed Headteacher:	Sally Cowling
Signed Chair of Governors:	Ashlea Costelloe
Signed PSHE/RSHE Governor	Carolyn Small
Date	May 2026
Review Date	May 2028