Personal, Social, Health Education (PSHE) Policy

Date of Policy Creation/Review	April 2026
Policy Lead	Lizzie Howard
Date of Policy Adoption by Governing Body	June 2026
Frequency of review	Every 3 years
Review Due	April 2029
Policy Category	C & O

1. Introduction

The National Curriculum framework states: 'Every state-funded school must offer a curriculum which is balanced and broadly based and which: · promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, prepares pupils at the school for the opportunities, responsibilities and experiences of later life'

At Newport Infant School and Nursery, we are committed to supporting the personal, social, health and economic (PSHE) development of all pupils. We use the Kapow Primary PSHE scheme as the foundation for our curriculum, ensuring a progressive, inclusive, and engaging approach that equips children with the knowledge, skills, and attributes they need to thrive both now and in the future.

We believe that our PSHE curriculum is a vital component of our school that underpins school life and our school ethos and vision. Personal, social, health and economic education promotes pupils' personal social and emotional development, as well as their health and wellbeing. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the spiritual, moral, social and cultural (SMSC) challenges and responsibilities they will face as they grow up. We strive to consistently embed the teaching of The British Values in all year groups, across the curriculum so that children can articulate these and understand what they mean.

2. Aims

Through our PSHE curriculum, we aim to:

- Promote children's emotional wellbeing and mental health

- Develop confidence, resilience, and independence

- Encourage positive relationships and respect for others

- Support pupils in understanding how to stay safe and healthy

- Foster a sense of responsibility and belonging within the community

- Prepare children for the opportunities, responsibilities, and experiences of later life

3. Curriculum Organisation

We follow the Kapow Primary PSHE scheme, which is structured into five key areas:

- Families and relationships

- Health and wellbeing

- Safety and the changing body

- Citizenship

- Economic wellbeing

The scheme is spiral in design, meaning pupils revisit key themes each year with increasing depth and complexity, appropriate to their age and stage of development.

Lessons are taught weekly and are adapted to meet the needs of all learners, ensuring inclusivity and accessibility.

4. Teaching and Learning

PSHE is taught through a variety of engaging and interactive strategies, including:

- Circle time discussions

- Role play and drama activities

- Storytelling and picture books

- Collaborative group work

- Reflection and questioning

Teachers create a safe, supportive environment where pupils feel confident to share their thoughts and opinions. Ground rules are established to ensure respectful and sensitive discussions.

5. Relationships and Health Education (RHE)

In line with statutory guidance, Relationships Education is embedded within our PSHE curriculum using Kapow resources.

Pupils will learn about:

- Different types of families

- Friendships and respectful relationships

- Managing feelings

- Personal boundaries and privacy

- Basic understanding of how bodies change as they grow

All content is age-appropriate and delivered sensitively.

6. Inclusion

We are committed to ensuring that PSHE education is inclusive for all pupils. Lessons are adapted to reflect:

- Diverse family structures and backgrounds

- Cultural and religious differences

- The needs of pupils with SEND

All children are encouraged to participate fully and feel represented within the curriculum.

7. Safeguarding

PSHE plays a vital role in safeguarding. Pupils are taught how to:

- Recognise unsafe situations

- Identify trusted adults

- Understand personal safety, including online safety

Staff are trained to handle disclosures appropriately and follow the school's safeguarding procedures.

8. Assessment

Assessment in PSHE is ongoing and primarily formative. Teachers assess pupils through:

- Observations during discussions and activities

- Questioning and pupil responses

- Reflection tasks

Teachers make meaningful assessments from each lesson and identify any child that has achieved over or under what is expected. This can inform their planning and any resources/support needed for the following lesson. Any cause for concern related to aspects of PSHE are reported to the SLT who will deal with it accordingly.

9. Parental Engagement

We value the role of parents and carers in supporting PSHE education.

We will:

- Provide information about the PSHE curriculum

- Share key themes and learning where appropriate

- Offer opportunities for parents to ask questions or discuss concerns

10. Monitoring and Evaluation

The PSHE subject leader is responsible for:

- Monitoring the implementation of the Kapow scheme

- Supporting staff with planning and delivery

- Reviewing the effectiveness of the curriculum

- Ensuring statutory requirements are met

This policy will be reviewed annually.

11. Conclusion

Our PSHE curriculum, supported by the Kapow scheme, ensures that all pupils develop the essential skills and knowledge needed to lead happy, healthy, and safe lives. It reflects our commitment to nurturing well-rounded individuals who are prepared for the future.

Mrs Lizzie Howard is the PSHE Coordinator. She is also the lead for SMSC and RSE, which link very closely with our PSHE curriculum.

PSHE Long Term Plan

Newport Infant School & Nursery – PSHE Long Term Plan							
	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS		Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	Y1 Introduction: Setting ground rules for RSE & PSHE	Y1 Families and relationships	Y1 Health and wellbeing	Y1 Safety and the changing body	Y1 Citizenship	Y1 Economic wellbeing	Y1 Transition lesson
Year 2	Y2 Introduction: Setting ground rules for RSE & PSHE lessons	Y2 Families and relationships	Y2 Health and wellbeing	Y2 Safety and the changing body	Y2 Citizenship	Y2 Economic wellbeing	Year 2: Transition lesson

E-Safety Long Term Plan

All resources are found on Staff Drive, Computing, E-safety.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Smartie the Penguin (EYFS) Learning how and when to ask for help when using an online device.	Lulu and Fifi Talking to people online.	Red and Murphy Being kind online and internet bullying.	Little Bird's Internet Security Adventure Learning about different scenarios that can happen online and how to overcome them.	Jessie and Friends 'Watching friends' Video, discussion and class activity. https://www.youtube.com/watch?v=Yt0us2O3_Jk	Being Kind Online Power Point visual story
Year 1	Hector's World Details and privacy https://www.youtube.com/watch?v=vbkBDQwO1og	Smartie the Penguin (Y1) Learning about pop ups, cyberbullying and how to get help when things go wrong online.	Buddy the Dog Using tablets safely.	Chicken Clicking Online shopping and talking to strangers online.	Jessie and Friends 'Sharing videos' Video, discussion and class activity. https://www.youtube.com/watch?v=87eWL0WAnyw	Hector's World Keeping your personal information safe https://www.youtube.com/watch?v=Sk6ac-s5pL0
Year 2	Goldilocks Digital Footprint Learning about our digital identity and how our messages and information cannot be taken back once sent.	Smartie the Penguin (Y2) Upsetting images, unreliable information and talking to strangers online.	Digi Duck's Famous Friend Learning about strangers online and how our messages can be misunderstood when chatting online.	Digi Duck's Big Decision Knowing the consequences of sharing and reposting images. Understanding feelings and kindness online.	Jessie and Friends 'Playing games' Video, discussion and class activity. https://www.youtube.com/watch?v=2Ts8IJ_7yys	Avatars – Why we should disguise ourselves online https://vimeo.com/372334901