



St George's
School Edgbaston

PREP SCHOOL: PSHE POLICY

Revised: July 2026



This policy applies to all Prep School Pupils, inclusive of the EYFS.

St George's School is a Gold Rights Respecting School. As a consequence, all staff and children are aware of the UN Convention on the Rights of the child. Through delivery of PSHE lessons we aim to promote children's rights.

The following articles were considered when writing this policy:

Article 3	Best interests of the child
Article 5	Parental guidance
Article 16	Right to privacy
Article 19	Protection from violence, harm and neglect
Article 24	Health and health services

The Curriculum – Overview and Aims

At St George's School, we believe PSHE is fundamental for students to develop their personal skills and attributes. We value PSHE as a way to support students' development to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

The PSHE programme is an integral and important part of the education programme at St George's School which aims to:

- foster the spiritual, moral, social and cultural development of our students, as well as helping to enhance their ability to cope with life and its demands
- develop students' self-knowledge, self-esteem, self-confidence, self-discipline and resilience
- inspire and encourage our students to become kinder, more confident, more thoughtful and more responsible citizens in the communities in which they live and work
- develop students' respect for and appreciation of their own and other cultures, and demonstrate sensitivity and tolerance to those from different backgrounds and traditions
- enable students to understand and respect systems of rules and laws, and accept responsibility for their own behaviour, including towards others
- ensure students know how to stay safe and understand how to be physically and mentally healthy, particularly in terms of diet, exercise and a balanced lifestyle

Our scheme of work associated with PSHE is both proactive and reactive. Although, we follow the PSHE Association programme which sets out the learning across the

year, we also react to current affairs and add in topical lessons where appropriate. This allows us to be emotionally intelligent in the way in which we constantly adapt our programme to the diverse needs of our student body. We use a spiral approach with recurring themes from EYFS to Year 6. With each delivery of the theme, the level of demand increases and learning is progressively deepened.

Statutory Requirements

The Department for Education introduced statutory guidance on RSE for teaching from September 2020. The programme of study for PSHE Education shows exactly how the PSHE Association, therefore, our school, meets the statutory RSE and Health Education requirements.

The PSHE Association's complimentary update policy ensures we are always using the most up-to-date teaching materials and that our teachers are well-supported.

Following the Independent School Standards Regulations, St George's School must provide a PSHE programme that is implemented effectively. This includes PSHE and Health Education.

Independent schools will also be expected to comply with the statutory guidance for Relationships education, relationships and sex education (RSE) and health education from September 2020.

Content and Delivery

What We Teach

As stated above, we're required to cover the content for relationships and sex education, and health education, as set out in the statutory guidance (linked to above).

Refer to our Relationships and Sex Education Policy (RSE) for details about what we teach, and how we decide on what to teach, in this subject. This policy is also available on the school's website.

For all other aspects of PSHE, including health education, see below for a curriculum map which provides more details about what we teach.

Term	Unit	Content
Autumn Relationships	Families and friendships	Includes learning about different family types and relationships; how to make, maintain and manage positive friendships
	Safe relationships	Includes learning how to stay safe; seeking permission/consent; personal boundaries and managing pressure
	Respecting ourselves and others	Includes recognising feelings and respectful behaviour; celebrating differences; discrimination and prejudice; antibullying
Spring Living in the Wider World	Belonging to a community	Includes learning about the importance of rules; roles and responsibilities within the community; looking after the environment
	Media literacy and digital resilience	Includes learning how to communicate and stay safe online; how data is shared and used; different media types and their impact
	Money and work	Includes learning about jobs in the community; what money is; wants and needs; goals and aspirations, career choices; stereotypes
Summer Health and Wellbeing	Physical and mental wellbeing	Includes healthy food and exercise; hygiene routines; feelings and habits; sleep; medicine; allergies; loss and bereavement; transitions
	Growing and changing	Includes what makes them unique; feelings; naming body parts; personal strengths and achievements; physical and emotional change
	Keeping safe	Includes age rules and restrictions, road safety; risks and hazards; medicines and household products; first aid; drugs

How We Teach It

At St George's School we allocate one lesson to PSHE each week in order to teach the knowledge and skills in a developmental and age-appropriate way.

Across the school, these explicit lessons are reinforced and enhanced in many ways:

- Assemblies
- Praise and reward system
- Class charters
- Through relationships student to student, adult to student and adult to adult across the school
- We aim to 'live' what is learnt and apply it to everyday situations in the school community

Whilst all teaching staff deliver the weekly lessons to their own classes, all staff are expected to deal with the topics covered in our curriculum with confidence and professionalism. All materials are available for staff to view, and it is very much our aim to provide a 'joined up' approach to PSHE; with assemblies, themes and topics linked to external events where possible.

Staff know to approach the Designated Safeguarding Leads should they be worried about a student during PSHE / RSE lessons.

There is an open dialogue around topics and content taught. We are constantly reviewing our provision across the year and will make adaptations to our curriculum should current affairs provide learning / discussion opportunities.

We value the role of our families in supporting our PSHE curriculum and therefore, their input is welcomed. The PSHE Lead will communicate with parents at pertinent intervals throughout the school year to inform them of any sensitive topics being covered.

Assessment, Recording and Reporting

As with any learning, the assessment of young people's personal, social and emotional development is important. It provides information that indicates their progress and achievement informs the development of the programme.

Young people do not pass or fail in this area of learning, but have the opportunity to reflect on their own learning and personal experiences, and set personal goals and agree strategies to reach them. The process of assessment has a positive impact on

young people's self-awareness and self-esteem, and there are opportunities to record learning and progress in different ways.

Pupil's learning will be assessed through; in class question and answer, discussion, group work, peer assessment, self-assessment, personal target folders and marking.

Supplementing the PSHE curriculum

From time to time, we may invite outside speakers into school to discuss issues surrounding the PSHE curriculum. Visitors to the classroom enrich the PSHE education programme by providing expert knowledge or accounts of their personal experiences. These inputs are always part of a planned development programme and the teacher is always present to manage the learning.

Pupils with SEND

As far as is appropriate, young people with special educational needs follow the same PSHE education programmes as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will be adapted.

We believe that these aspects of personal and social development are as important as academic achievement.

Roles and Responsibilities

Staff

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modelling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual pupils

Pupils

Pupils are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

Monitoring Arrangements

The delivery of PSHE is monitored by Mrs Lorraine Sparks (PSHE Lead) through:

- Learning walks
- Work / planning scrutinies
- Student / parent feedback
- Meetings with staff / staff feedback

Equality and Diversity

We promote the needs and interests of all students, irrespective of gender, culture, ability or aptitude by creating an inclusive, safe learning environment. Teaching will take into account the ability, age-readiness and cultural background of students in order that all students can access the PSHE curriculum. We actively promote social learning in PSHE lessons and across the school. We expect our students to show a high regard for the needs of others as encompassed in our school values. We will use PSHE education as a vehicle to address diversity and equality for all.

Links with Other Policies

This policy links to the following policies and procedures:

- RSE policy
- Safeguarding policy

**To be reviewed July 2027
or as and when statutory
guidance / legislation changes**