



Newport CE Junior School

PSHE Policy

Date Policy Written and Agreed by Governors:	Date of last review:	Date of next review:
Summer 2026	Summer 2026	Summer 2028

'We aspire to ensure that our inclusive, welcoming and loving church school gives children and adults the opportunity to reach their full potential, so that through God's love they can make a difference to the world around them.'

Intent

At Newport Junior School, our PSHE curriculum empowers every child to become confident, compassionate and responsible members of their community. Through a carefully sequenced programme, delivered using Kapow Primary, we teach pupils how to build healthy relationships, stay physically and mentally well, keep themselves safe—both online and offline—and make informed, respectful choices. Our intent is to equip children with the knowledge, skills and values they need to thrive now and in the future, developing resilience, empathy and a strong sense of personal identity within an inclusive and nurturing school culture.

Newport Junior School is committed to providing a high-quality, inclusive PSHE curriculum that equips pupils with the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work.

From September 2026, our curriculum meets all statutory requirements for Relationships Education and Health Education, as set out in the DfE's updated guidance (2019, revised 2025 for implementation in 2026).

The school delivers its PSHE and statutory RSHE curriculum through the Kapow Primary scheme, ensuring a structured, progressive, and fully compliant programme.

Aims of PSHE and RSHE

Our curriculum aims to ensure pupils:

- Develop positive, healthy, and respectful relationships.
- Understand how to stay physically and mentally healthy.
- Learn how to stay safe, including online, in the community, and when managing risks.
- Build resilience, confidence, and emotional literacy.
- Understand changes to their bodies, including puberty, using correct scientific vocabulary (a new statutory requirement for 2026).
- Recognise and manage feelings, including those linked to change, loss and bereavement (new 2026 content).
- Develop critical thinking about online content, privacy, consent, and digital wellbeing (strengthened 2026 expectations).

Statutory Requirements

Newport Junior School must teach:

Relationships Education (Primary)

Including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education (Primary)

Including:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body (puberty)

Sex Education (Primary)

Primary schools are not required to teach sex education beyond the national curriculum for science.

Newport Junior School does teach an element of sex education, to Year 6 only. This comprises two lessons.

Puberty is taught as part of statutory Health Education.

Implementation

The school uses Kapow Primary as its core PSHE/RSHE curriculum.

This ensures:

- Full coverage of all statutory content for 2026.
- Clear sequencing and progression across Years 3-6 (a key Ofsted expectation for 2026) .
- High-quality, age-appropriate resources.

- Inclusive representation and safeguarding-aligned content.
- Opportunities for discussion, reflection, and skill-building.

Curriculum Structure

Kapow Primary is organised into thematic units that run across the year, including:

- Families and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship
- Economic Wellbeing
- Identity and Diversity
- Digital Safety and Media Literacy (expanded in 2026 guidance)

Teaching Approaches

Teachers use:

- Ground rules and safe-space protocols
- Active learning (discussion, scenarios, role-play, problem-solving)
- Correct scientific vocabulary for body parts (statutory from 2026)
- Trauma-informed and safeguarding-aware practice
- Adaptations for SEND pupils

Impact

Our PSHE curriculum enables pupils to develop the confidence, resilience and emotional literacy they need to navigate growing up safely and positively. Children leave Newport Junior School with a secure understanding of how to build healthy relationships, make informed choices and keep themselves safe—online, offline and within the community. They demonstrate empathy, respect and responsibility, applying the knowledge and skills taught through Kapow Primary in their daily interactions. As a result, pupils are well-prepared for the next stage of their education and for life in modern Britain, showing strong personal development and a clear sense of their own identity and wellbeing.

Safeguarding and Child Protection

PSHE and RSHE are integral to safeguarding.

Teaching supports pupils to:

- Recognise unsafe situations
- Understand boundaries and consent
- Know how to report concerns
- Use correct vocabulary to describe their bodies and experiences (a strengthened safeguarding expectation for 2026)

Staff follow the school's Safeguarding Policy and KCSIE guidance.

Equality, Inclusion and SEND

The curriculum complies with the Equality Act 2010.

Lessons are:

- Inclusive of all families, cultures, and identities
- Adapted for pupils with SEND
- Designed to remove barriers to learning
- Delivered in a way that respects pupils' lived experiences

Working with Parents and Carers

Newport Junior School is committed to transparency.

We will:

- Publish this policy on the school website
- Share curriculum maps and Kapow unit overviews
- Offer opportunities for parents to view resources
- Provide clear information about statutory content

Right to Withdraw

Parents cannot withdraw their child from Relationships Education or Health Education (statutory).

Parents can withdraw from any non-statutory sex education.

As Newport Junior School this applies to two lessons in Year 6. (see RSE Parental Letter and RSE Planning Grid)

Assessment and Monitoring

Teachers assess learning through:

- Discussion
- Pupil self-reflection

- Written or creative tasks
- Observation of skills and attitudes

Leaders monitor:

- Coverage and sequencing
- Quality of teaching
- Pupil voice
- Impact on wellbeing and safeguarding

Staff Training

All staff receive:

- Annual RSHE/PSHE training
- Updates on statutory changes
- Safeguarding and trauma-informed practice
- Training in delivering sensitive content confidently (noted as a national challenge)

Roles and Responsibilities

- **Governing Body:** Ensures statutory compliance and policy approval.
- **Headteacher:** Ensures implementation and resourcing.
- **PSHE/RSHE Lead:** Oversees curriculum, training, monitoring, and parental engagement.
- **Teachers:** Deliver high-quality lessons following Kapow Primary.

- Pupils: Engage respectfully and reflectively.

A. Rotherham

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