



Personal, Social, Citizenship, Health and Economic Wellbeing Education Policy

Date Reviewed:	27.06.2026
Next Review Date:	27.06.2027
Policy Owner:	Miss Lana Sumners
Ratified	Annually at Full Governing Board

Date	Amendment	Staff Member
27.6.2026	Policy standardisation	LS
28.08.2026	RSE statutory updates added	LS

Mission Statement

We are committed to providing a supportive, enjoyable and family style environment in which every child is nurtured and encouraged to achieve their potential through a broad-based curriculum and opportunities for developing sporting, dramatic, artistic and musical talents.

Statement of Aims & Objectives

- To enable each child to fulfil their own academic and personal potential.
- To instil in every child the importance of developing personal initiative and to foster in them a belief that they can fulfil their potential in any area of school life.
- To provide a broad based academic and extra-curricular education that is delivered in such a way as to satisfy the learning needs of each and every pupil.
- To help each pupil to develop both a set of values and an understanding and appreciation of other religious beliefs.
- To learn the difference between right and wrong and to appreciate that rights and responsibilities are equally balanced.
- To develop and promote a sense of caring and community between the pupils within the school and the wider community as a whole.
- To instil in each pupil a high degree of self-respect and respect for their fellow pupils, teachers and other adults.
- To prepare each child for the transition to the next stage of their education and to be able to take advantage of any opportunities as they present themselves.



Oakhyrst Grange School

Safeguarding

Oakhyrst Grange School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. At this school we respect and value all children and are committed to providing a caring, friendly and safe environment for our pupils so that they can learn in a relaxed and secure atmosphere. We believe that every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Oakhyrst Grange School. We recognise our responsibility to safeguard all who access school and promote the welfare of all of our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying. This should be read in conjunction with the Safeguarding Policy.

All staff will be asked to complete training annually following KCSIE updates. Further safeguard training will take place throughout the year. All staff must wear their lanyards at all times.

The Safeguarding governor is: Pauline Clark Pauline.clark@oakhyrstgrangeschool.co.uk

DSL: Roxann Dowling (Head of EYFS)

DDSL: Gemma Mitchell (Headteacher)

DDSL: Faye Dance (Deputy Headteacher)

Telephone: 01883 343344

Safeguarding Team: DSL@oakhyrstgrangeschool.co.uk

What is PSCH and Citizenship?

At Oakhyrst Grange School, PSCH is our broad programme of personal, social, citizenship, health and economic education. It incorporates the statutory requirements for Relationships Education and supports our wider duties under the Independent School Standards. All aspects of the school's planned provision promotes pupils' personal, social, emotional, physical, health, citizenship and economic development.

At Oakhyrst Grange School, PSCH supports pupils to develop the knowledge, skills, attitudes and values they need to lead healthy, safe, responsible and fulfilling lives. It enables pupils to develop their self-esteem, resilience, independence, emotional literacy and ability to form and maintain positive relationships.

Citizenship education forms an important part of PSCH. Pupils are encouraged to understand their responsibilities as members of the school, local and wider community. We actively promote democracy, the rule of law, individual liberty, mutual respect and respect for those with different faiths and beliefs. These fundamental British Values underpin the experiences and opportunities offered throughout the school.

PSCH therefore has an important role in preparing pupils not only through the acquisition of knowledge but also through the development of practical relationship, communication, decision-making, problem-solving, self-regulation and help-seeking skills.

Oakhyrst Grange School is an independent school. Relationships Education is statutory for all pupils receiving primary education. Primary Sex Education is non-statutory, although the Department for Education recommends that primary schools teach age-appropriate content



Oakhyrst Grange School

about conception and birth in Years 5 and/or 6. The statutory Health Education provisions within the DfE RSHE guidance do not apply to independent schools; however, health education forms an integral part of our PSCH provision and is provided in accordance with the Independent School Standards.

Our Mission statement

At Oakhyrst Grange School we respect and value all children and are committed to providing a caring, friendly and safe environment for our pupils so that they can learn in a relaxed and secure atmosphere. Children will be able to develop the knowledge, confidence and skills to recognise unsafe situations, establish appropriate boundaries and seek help from trusted adults. We believe that every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Oakhyrst Grange School. We recognise our responsibility to safeguard all who access school and promote the welfare of all of our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying. This should be read in conjunction with the Safeguarding Policy.

Statutory Updates

The Department for Education (DfE) has published updated statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, which comes into force on 1st September 2026. The updated guidance places greater emphasis on developing pupils' skills and understanding to build healthy and respectful relationships, establish and respect boundaries, manage conflict, recognise unhealthy or controlling behaviour, understand loneliness, challenge stereotypes and prejudice, and know how to recognise risks and seek help.

As an independent primary school, Relationships Education is statutory at Oakhyrst Grange School. Primary Sex Education remains non-statutory, although the DfE recommends age-appropriate teaching to prepare pupils for adolescence, including understanding conception and birth. Parents may withdraw their child from primary Sex Education beyond the Science curriculum but cannot withdraw them from Relationships Education or statutory Science.

The statutory Health Education requirements within the DfE guidance do not apply to independent schools; however, health and wellbeing remain an integral part of our PSCH curriculum. Our provision also includes safeguarding, online safety, personal safety, mental wellbeing, diverse family structures, respect and preparation for life.

Oakhyrst Grange School will ensure that teaching is age-appropriate, accessible to pupils with SEND and responsive to emerging safeguarding needs. Parents will be consulted on the school's RSHE provision and will be able to access curriculum information and, on request, the materials used for RSHE. At Oakhyrst Grange this is conducted through an optional RSE information evening which shows examples of the curriculum followed by a letter that clearly states statutory teaching, withdrawal rights and how we approach the teaching of RSE. Parents can request to see all RSHE planning and curriculum materials used by the school by emailing the PSCH lead.

PSCH lead: ana.sumners@oakhyrstgrangeschool.co.uk

[Relationships and sex education \(RSE\) and health education - GOV.UK](#)



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Equal opportunities

All pupils are entitled to a broad and balanced curriculum at Oakhyrst Grange School we are committed to the development of the whole child and therefore we place Personal, Social, Citizenship, Health and Economic Education (PSCHE) and Relationships and Sex Education (RSE) at the heart of all that we do. Within PSCHE, pupils develop an understanding of equality, respect and inclusion. Teaching reflects the school's duties under the Equality Act 2010 and promotes respect for people with protected characteristics:

- Age
- Disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation

We recognise that schools support pupils to develop in many diverse aspects of life, and the responsibility of preparing pupils for their adult lives is one that Oakhyrst Grange School takes pride in and assumes with integrity and purpose. This includes exploring different family structures including:

- single-parent families
- same-sex parents
- grandparents
- young carers
- kinship carers
- adoptive parents
- foster parents/carers

This policy outlines the Intent, Implementation, and Impact of how PSCHE is taught using a spiral curriculum provided by KAPOW in our school. The PSCHE Policy should be read in conjunction with the following policies: RSE, Wellbeing, SEND and Safeguarding.

Safeguarding in PSCHE

The Implementation of this policy is the responsibility of all teaching staff. Pupils should be able to recognise:

- emotional abuse
- physical abuse
- sexual abuse
- harmful relationships
- inappropriate contact
- unsafe adults
- online harms.

They should also know how to report concerns and seek advice.

The school policy for PSCHE reflects the consensus of the whole teaching staff and has the full agreement of the Governing Body. If disclosures are made during PSCHE they must be reported to the DSL following the schools safeguarding policy and procedure. Staff should never promise confidentiality regarding safeguarding concerns.



Oakhyrst Grange School

Online safety

Online safety forms an integral part of the PSCH curriculum at Oakhyrst Grange School. Pupils are taught how to develop safe and respectful online relationships, recognise online peer pressure, understand the risks associated with communicating with strangers and people who may not be who they claim to be, and protect their privacy and personal information. Pupils are taught about age restrictions for social media, including that the minimum age for most social media platforms is currently 13. Age-appropriate teaching also addresses the risks associated with pornography and other harmful or sexualised online content, including how to respond if pupils encounter such material, how to report concerns and how to seek support from a trusted adult. Any teaching in response to emerging safeguarding concerns will be proportionate, developmentally appropriate and consistent with the school's safeguarding procedures. Our DSL will also be informed and support the teaching, if required.

Intent

Through our curriculum, our school environment, our school ethos, and the strength of our relationships, we strive to promote pupils' self-esteem, emotional and physical well-being and help them to form and maintain worthwhile, satisfying and healthy relationships, based on RESPECT for themselves and for others, at home, at school, at work and in the community. This includes:

- healthy boundaries
- effective communication
- assertiveness
- managing conflict
- frustration and disappointment
- assertive vs controlling behaviour
- kindness vs neglecting your own needs
- self-respect

Through our curriculum we want our pupils to know and understand what constitutes a healthy lifestyle, develop a growing awareness of a broad range of safety issues including emotional, physical and sexual abuse, body autonomy, privacy, appropriate/inappropriate contact and how to report concerns.

Pupil voice lies at the heart of our school, the curriculum and the opportunities we offer our pupils mean that they grow into independent, active, and responsible members of our school community playing an integral part in decision making and take this development into their adult lives.

In order to flourish, thrive and develop into happy adults who contribute effectively to society, pupils at Oakhyrst Grange School develop their personalities and behaviour through the specific focus on important values that enable them to reflect, learn, behave with integrity and work consistently well with others. With these skills, combined with the development of responsibility and resilience, pupils are then able to draw upon their understanding to engage and excel in the ever-changing world in which they live both now and in the future.

Implementation

At Oakhyrst Grange School, the emphasis placed on both PSCH and RSE blends seamlessly into everyday school life to maximise the impact of acquiring essential knowledge. Using a combination of the following ensures that all elements of the PSCH framework receive appropriate focus and emphasis:

SEND: We recognise that there are children of different abilities in all year groups and we provide suitable learning opportunities for all. We achieve this by:



Oakhyrst Grange School

- setting common tasks which are open-ended and can have a variety of responses;
- setting tasks of increasing difficulty, with some children completing all the tasks;
- providing resources of different levels of complexity
- providing individual support;
- providing opportunities for scaffolding and cascading knowledge.

School Values: The school values (created collaboratively using pupil/parent/school perspectives) are focused on Positive Relationships and are central to Oakhyrst Grange School values:

Opportunity

Growth

Support

The level and depth of pupils' understanding of individual values progresses and deepens as they themselves mature during their journey through school.

Additional values are introduced and focussed on during a whole school assembly at the start of the term and then during subsequent Year Group and Class assemblies throughout the year. Pupils are rewarded throughout the half term with House Points when they display school values.

The emphasis and importance of our school values is evident throughout the school day at Oakhyrst Grange.

All pupils at Oakhyrst Grange School take part in a Celebration Assembly where the children's outside achievements (certificates, medals) are brought in to school and their peers can see their hard work.

PSCHE Planning: Oakhyrst Grange School has a bespoke PSCH Framework written in conjunction with all school stakeholders, KAPOW and encompasses the key themes of:

- My healthy self
- Connecting with others
- The online world
- Citizenship
- Health protection
- Growing up
- Additional Sex education (year 6 only)

External providers:

Oakhyrst Grange School subscribes to Kapow primary to support its PSCH and RSE planning and teaching. This external provider has been vetted by the PSCH lead and the headteacher.

The school must ensure materials are:

- age appropriate
- accessible



Oakhurst Grange School

- consistent with the curriculum
- consistent with the policy
- sensitive to pupils' needs

All content and materials are checked by the teacher for age-appropriateness before the lesson. The school retains responsibility for the content and quality of all teaching delivered using external resources or by external providers.

Any visitors will follow safeguarding procedure and their material will be checked by the PSCH lead.

The curriculum

During weekly timetabled lessons, using a combination of the PSCH/RSE Frameworks KAPOW, the following topics are taught in a systematic and progressive manner:

- My healthy self
- Connecting with others
- The online world
- Citizenship
- Staying safe
- Growing up
- Additional Sex education (Year 6)
- Health protection
- First aid

Oakhurst Grange's curriculum jigsaw identifies the content taught in each year group, the term in which it is taught, the curriculum classification of each element. The resources used are provided by our external provider KAPOW but are vetted by the PSCH lead and the teacher responsible for teaching. This can be found on the class timetable. The KAPOW Long term planning has been linked below. Please note we follow the content of the planning but not in the same order. See curriculum map at the bottom of the policy.

[Primary RSE and PSHE Curriculum | Kapow Primary](#)

Citizenship

Social and moral responsibility

Pupils learn from the very beginning self-confidence and socially and morally responsible behaviour both in and beyond the classroom, towards those in authority and towards each other.

Community involvement

Pupils learn how to become helpfully involved in the life and concerns of their neighbourhood and communities, including learning through community involvement and service.

The introduction of school Eco-prefects will ensure that Oakhurst grange strives to be a sustainable and future thinking school.

Practical, real-life activities develop thinking skills and provide opportunities for the pupils to raise standards through cross-curricular links.

Additional



Oakhyrst Grange School

School Council: The School Council at Oakhyrst Grange School is made up of pupils from Year Groups 1-6 with two pupils from each year group. The pupils are selected through a democratic process where the pupils put themselves forward as candidates and are then voted for by their peers. The School Council is a vehicle for pupil voice and provides a platform where this can be expressed in a meaningful and structured way to ensure that the opinions, views and ideas of all pupils can have an impact on decisions made in school.

Positions of Responsibility: At the start of each academic year pupils are encouraged to apply for the many roles and responsibilities on offer. Pupils in Year 6 are encouraged to show interest for the important Leadership positions of House Prefects, Sport House Captains and our Lower School Mentors. They can then be asked to assist as: Technicians, Art and Display Assistants, Sports Leaders, Tour Leaders, Librarian helpers.

This is set in such a way that allows the Year 6 children to play an active part in the life of their school.

Worry Monsters: A Worry Monster is present in each classroom. This allows children to write down a concern, post it and know that a teacher will read this by the end of the day and advice/assistance provided.

Wellbeing club: Used to engage with children at playtime who find the playground a bit overwhelming or who would like to be inside. The group uses available classrooms.

External Agency Provision (where necessary).

Wellbeing

All children from Y1 to Y6 complete the PASS survey through GL assessment. This survey measures the impact our school climate and culture have on the development of the children at Oakhyrst Grange. Any children who are a concern are followed up with swiftly. The data is used to inform our planning going forward. (See SEMH and wellbeing policy)

Whole School Curriculum Themed Days/Weeks:

- Anti-Bullying
- Internet Safety
- Odd Sock Day
- Remembrance Day
- World Book Day

Extended Curriculum Opportunities

At Oakhyrst Grange School we recognise that the development of the whole child does not stop at dismissal time.

Through the provision of a wide range of after school clubs, pupils are given the opportunity to develop their personal interests, based on the acquisition of knowledge and skills, in a safe environment. Additionally, Breakfast and After School Club facilitates wrap-around care that further enables pupils to embed and put into practice the knowledge and understanding acquired through the implementation of Oakhyrst Grange School PSCE Policy. The following extra curriculum opportunities further extend pupils' learning of the wider world and relevant issues that focus the pupils' beyond their primary education.



Oakhyrst Grange School

Oakhyrst Grange School recognises that transitioning to Secondary School can be a difficult time for children. With this in mind Year 6 have a bespoke summer timetable to help them prepare for their start in Year 7. This encompasses debating, public speaking and strategies for managing transition.

Staff training

Staff delivering PSCH, Relationships Education and RSE will receive appropriate guidance, training and support to enable them to deliver sensitive content confidently and respond appropriately to questions or disclosures. Our external provider KAPOW provide training and guidance to support. This has been vetted by the PSCH lead.

Teachers will respond to pupils' questions in an age-appropriate and sensitive manner. Where a question falls outside the planned curriculum or is inappropriate for the age or maturity of the pupils, teachers may defer the question, provide an appropriate response or seek advice from the PSCH Lead or DSL.

Impact

Pupils at Oakhyrst Grange School are confident, polite and considerate to both those familiar to them and those who are not. They have a sound understanding of the meaning and importance of our school values and the essential requirements for effective communication and the development of positive relationships; they leave us well equipped to successfully embrace and enjoy secondary education with a very real view of being an effective and happy contributor in today's world.

To evaluate the impact of the curriculum, Senior Leaders and Coordinators use a combination of different techniques within school:

- Work and book monitoring
- Pupil conferencing
- Parent feedback
- Teacher's self-evaluation
- Learning walks
- The characteristics and behaviours demonstrated by children in all settings within school.

This Policy is subject to regular review.



Oakhurst Grange School

	Autumn		Spring		Summer	
	My healthy self	Connecting with others	The online world	Health protection /Growing up/ Sex education	Citizenship	Staying safe/ citizenship
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Health protection: How can I protect myself and others in daily life?	Citizenship: How can I help others and the environment?	Staying safe: how can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Growing up: How can we look after and respect our bodies as we grow?	Citizenship: How do people belong to a community and earn money?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What rights and responsibilities do we have?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Growing up: How will my body and emotions change as I grow up?	Citizenship: How can I spend money responsibly?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?	Citizenship: How can we make a difference in our communities and beyond?
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Sex education: How do people become parents and carers?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grown up?