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RUNNYMEDE COLLEGE

Delight, Ornament, Ability

PSHE Policy

2026-2027

Reviewed by:	Brittany Howe
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Next reviewed:	June 2027



PSHE Policy

Our PSHE (Personal, Social, Health and Economic Education) and RSE (Relationships and Sex Education) curriculum underpins the pastoral structure of all phases of Runnymede College, with pupils in all year groups discovering, considering and discussing a range of topics appropriate to their age.

PSHE Education aims:

- to help our pupils acquire the knowledge, understanding and skills they need to look after themselves and live healthy, safe, productive, responsible and balanced lives.
- to help our pupils develop key skills and attributes such as self-management, empathy, critical thinking, communication, resilience, teamwork and negotiation amongst others.
- to support pupils in assuming their position in society as happy, creative, moral citizens who respect their communal responsibilities and value their democratic rights.
- to promote our school's values of integrity, tolerance, respect, compassion, curiosity, humility and ambition.

Content:

- PSHE activities offer pupils the opportunity to reflect on, discuss and debate a number of topical, relevant and sometimes complex themes that directly affect their lives.
- PSHE sessions covered at Runnymede College cover a wide range of topics including physical and mental health, puberty, personal safety, relationships, bullying and discrimination, media and digital literacy, money and careers, community and responsibility.
- The learning provided in topics aims to support the safeguarding of pupils.

Delivery:

- PSHE lessons are taught by Class Teachers and Form Tutors in either timetabled lessons or across structured form times on a weekly basis.
- In addition to this cohorts are given addresses about specific topics in assemblies delivered by internal and external staff.
- Ground rules are essential to ensure there is a safe, respectful and caring classroom atmosphere for the delivery of the PSHE sessions.

Resources:

- All resources are prepared or sourced by the Senior Leadership Teams of the Pre-Prep, Prep and Senior phases.
- Those delivering the sessions are asked to look at the information in advance to ensure they are fully prepared for the sessions.
- Teachers are expected to modify or adapt the resources, when necessary, to meet the needs of their pupils.
- Feedback is requested to see whether there are opportunities for change or improvements that can be made to the resources.
- Key resource providers include The PSHE Association, The Young Gamers & Gamblers Education Trust, the Anti-Bullying Alliance, Children's Mental Health Week, Empathy Week, and The Day.

Definition of Relationships and Sex Education (RSE):

- RSE aims to teach pupils about the emotional, social and physical aspects of growing up and relationships. It aims to help pupils develop the knowledge and skills needed to establish respectful, fulfilling relationships throughout their lives.

Importance of RSE:

- "RSE is an important element in creating a whole school approach to supporting overall physical, mental and emotional health and well-being."
- "To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy."

Content and Delivery:

- RSE is delivered in the context of a broad and balanced curriculum, both in PSHE, Science and other subject lessons.
- RSE is delivered in an integrated way within topics.
- Form tutors, a PSHE teacher or other subject teachers deliver sessions.
- We aim to respect pupils' unique starting points by providing learning that is appropriate to their abilities and respectful of any differences of faith, belief or culture.

Assessment in PSHE:

- There are no formal examined assessments in PSHE.
- To strengthen quality of provision, quizzes/ tests, written assignments, self-evaluation or surveys are used to check progress.

Parental involvement and rights:

- We are committed to working with our parents to provide the best education for their children.
- Parents are welcome to discuss any questions with the respective Deputy Head (Pastoral) and/or management team.
- Parents have the right to request their child be excused from sex education within RSE.
- The right to withdraw from lessons relates only to RSE within the PSHE curriculum. It does not apply to the biological aspects of human growth and reproduction included in the Science curriculum.
- Pupils withdrawn from the sessions will be provided with the opportunity to pursue independent study on site.

This policy should be read in conjunction with the following policies:

- Alcohol, Smoking & Drugs Policy
- Preventing Bullying Policy
- Promoting Positive Behaviour Policy
- Safeguarding & Child Protection Policy