



PSHE at Firs Farm Primary School

A guide for parents and carers to our Personal, Social, Health & Economic education programme – helping your child grow into a confident, healthy, and well-rounded member of society.

POLICY APPROVED JULY 2026

What Is PSHE and Why Does It Matter?

Our Vision

At Firs Farm, we believe every pupil should achieve their personal best in every aspect of school life. PSHE helps children develop into well-rounded individuals who can make a positive contribution to their community.

What PSHE Covers

- Personal health and emotional wellbeing
- Relationships and social skills
- Financial and economic understanding
- Staying safe – including online
- Preparing for life in modern Britain

How PSHE Is Taught

PSHE is delivered by trained staff through a wide variety of approaches, ensuring lessons are engaging and relevant to every child. Our RSHE (relationships sex and health) is delivered through PSHE. PSHE and RSHE are intertwined.

Timetabled Lessons

Regular, planned PSHE sessions using discussion, group work, and active learning techniques.

Circle Time & Assemblies

Whole-class and whole-school opportunities to explore values and wellbeing together.

Enrichment & Visits

External agencies, enrichment days, residential trips, and cross-curricular links bring learning to life.



Three Core Themes

At Firs Farm we use KAPOW to deliver our PSHE programme is built around three core themes, revisited and extended each year in a **spiral curriculum** — so children build confidently on what they already know.



Health & Wellbeing

Healthy lifestyles, mental health, growing and changing, keeping safe, and understanding drugs, alcohol, and tobacco.



Relationships

Families, friendships, managing bullying, safe relationships, and respecting self and others.

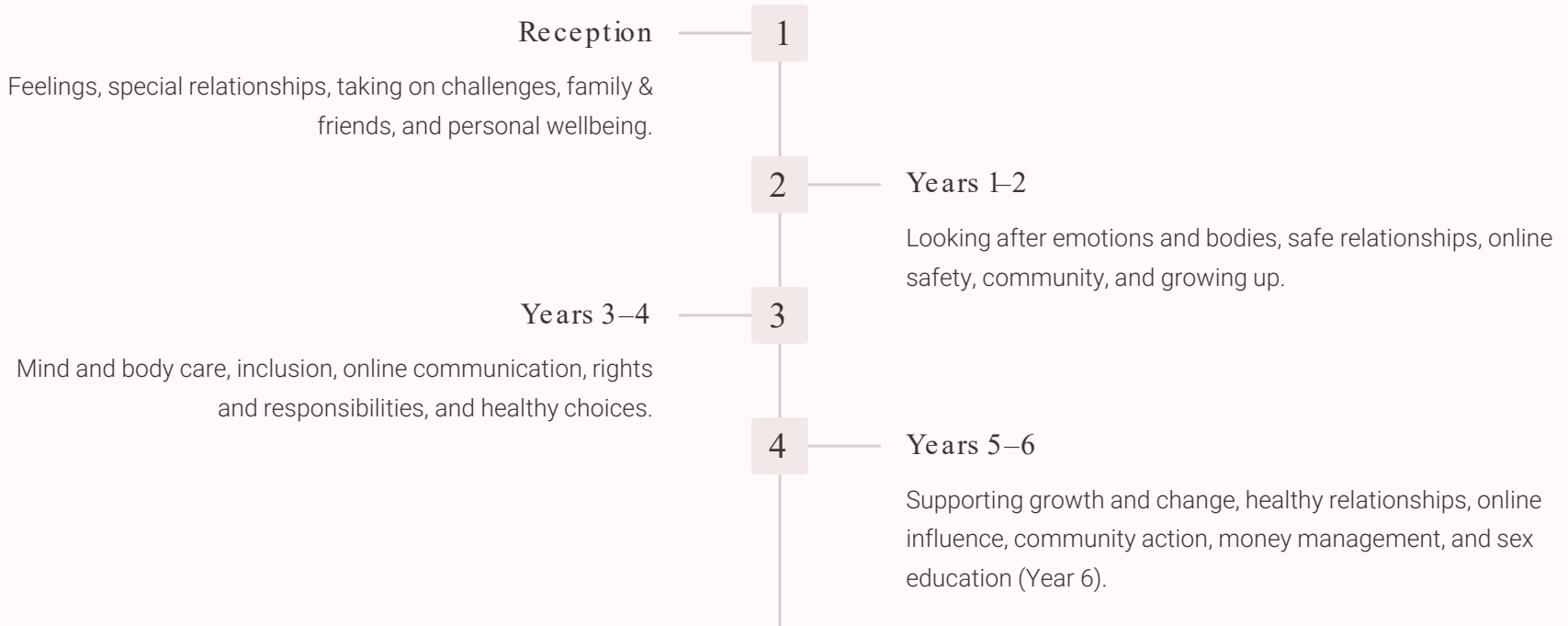


Living in the Wider World

Communities (including citizenships), shared responsibilities, media literacy, digital resilience, money, and careers.

What Your Child Learns —Year by Year

Each year group explores age-appropriate topics across all three themes. Here is a snapshot of the journey from Reception to Year 6.





How We Assess Your Child's Progress

We hold PSHE to the same high standards as every other subject. Assessment is primarily **formative** – focused on supporting learning rather than formal testing. Most lessons focus on oracy and discussion.

Cold & Hot Tasks

Short tasks at the start and end of each unit show how understanding has grown.

Discussion & Quizzes

Group discussions and quizzes help teachers identify where extra support may be needed.

Ongoing Feedback

Teachers provide regular feedback so every child is appropriately challenged and supported.

Your Right to Withdraw from Sex Education

Parents and carers have the **right to request withdrawal** from some or all sex education delivered as part of statutory RSHE. Please note:

- Withdrawal requests are **granted automatically** upon written request.
- This does **not** apply to relationships or health education, which remain statutory.
- Science curriculum content (mainly Years 2 and 5) **cannot** be withdrawn from.
- Withdrawn pupils will receive purposeful alternative education throughout.

To request withdrawal, please write to the headteacher via the school office or email office@firsfarm.enfield.sch.uk.

Pupils with SEND

For pupils with special educational needs or disabilities, the headteacher will carefully consider the child's specific needs before making any decision regarding withdrawal.

Inclusion, Equality & Accessibility

Our PSHE curriculum is designed to be **inclusive of every pupil**, in line with the Equality Act 2010. We consider each child's background, age, ability, and needs – including those with SEND, EAL, or who identify as LGBTQ+.

Tailored Teaching

Teachers adapt planning in liaison with the SENCO to ensure all pupils can access the curriculum appropriately.

Sensitive & Age-Appropriate

All content is delivered sensitively, with full regard to pupils' developmental stage and the law.



Keeping Your Child Safe

PSHE plays a vital role in **preventative education**. We take a whole-school approach to creating a culture of zero tolerance for bullying, harassment, and discrimination of any kind.



Online Safety

Pupils are taught how to stay safe online and manage their digital lives responsibly.



Confidentiality

Teachers respect pupil confidentiality, while following safeguarding duties if a concern is disclosed.



Speaking Up

Pupils are encouraged to talk to staff and are shown how to raise concerns – about themselves or a friend.

 The Designated Safeguarding Lead (DSL) is involved in developing all safeguarding-related elements of the PSHE curriculum.

Who Is Responsible & How to Get Involved

Governance & Leadership

The **Full Governing Body** approves this policy and ensures it is non-discriminatory. The **headteacher** oversees implementation and reviews the policy annually. The **PSHE leader** manages day-to-day delivery and curriculum development.

Policy & Review

This policy is reviewed annually by the headteacher and PSHE leader. The next scheduled review is **September 2027**. Any changes will be communicated to all staff and relevant parties.

Questions or Concerns?

If you have any questions about PSHE at Firs Farm, please contact the school office. Complaints are handled in line with our Complaints Procedures Policy.