

Viking Academy Trust



PSHE Policy

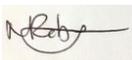
Chilton Primary School

The VIKING ACADEMY TRUST 'Feedback Guidance for Chilton Primary School has been written after consultation with staff.

Approved by the Trust: Sept 2020

Reviewed annually: Term 1

Last review date: Term 1 Sept 2025

Signed  **Chair of the Trust**



PSHE Curriculum – Intent

Personal, Social and Health Education forms a vital aspect of the curriculum at Chilton Primary School. The school plays an important part in developing children as well-rounded individuals, ready for the next stage in their education and the PSHE curriculum is an intrinsic part of this. Chilton Primary School recognises the important part that a PSHE curriculum plays in the development of: emotional literacy; good social interaction and healthy relationships; tolerance and respect and citizenship. Our PSHE curriculum also forms part of our child protection and safeguarding culture by teaching children about safety, bullying (including online bullying and child on child abuse) and reporting issues or concerns appropriately.

The policy has been informed by the following documentation and guidance:

- [Keeping Children Safe in Education Sept 2025](#)
- [Preventing and Tackling Bullying](#)
- [Teaching Online Safety in Schools 2023](#)
- [Education for a Connected World 2020](#)

Curriculum Design:

[The PSHE Association Programme of Study for Key Stage One and Two](#) has been used to design the curriculum. The structure of this is as follows:

Core Theme 1: Health and Wellbeing

Healthy Lifestyles (physical wellbeing); Mental Health; Ourselves, Growing and Changing; Keeping Safe; Drugs, Alcohol and Tobacco.

Core Theme 2: Relationships

Families and close positive relationships; Friendships; Managing Hurtful Behaviour and bullying; Safe Relationships.

Core Theme 3: Living in the Wider World

Shared Responsibilities; Communities; Media Literacy and Digital Resilience; Economic Wellbeing: Money; Economic Wellbeing: Aspirations, Work and Career.

Within each theme, the areas are broken down into objectives to be taught at each Key Stage One or Key Stage Two. Chilton Primary School's PSHE curriculum design structures the teaching of those objectives.

Chilton Primary School's values (Respect, Equality, Courage and Kindness) also provide an essential foundation to all PSHE learning.

Curriculum Structure – Implementation

The majority of the PSHE curriculum is taught through focused weeks known as "Values" or "Safe Relationships" Weeks which block curriculum content.

For the academic year 2025-26 they have been structured as follows:



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Term 1:

- Values Week – One Childhood, One Chance – exploring Chilton rules, routines and community values. Social Skills and Emotional Literacy – Zones of Regulation.

Term 2:

- Values Week – Kindness + Safe Relationships Week – focusing on safety within friendships, online safety and anti-bullying, mental health and wellbeing

Term 3:

- Champions of Courage + Safe Relationships (online safety week) – focusing on feelings, individuality, diversity and then online behaviours, safety and relationships, mental health and wellbeing

Term 4:

- British Values – Democracy (we all have a say in the rules); Individual Liberty (we are free to be who we are); Mutual Respect (we treat everybody equally); The Rule of the Law (we all follow the same rules to keep everybody safe).

Term 5:

- Be Here, Be You, Belong – exploring individuality, families, communities, diversity, mental health and wellbeing, equality and relationships (taught across the whole term)

Term 6:

- Aspiration – economic choices and wellbeing and future goals, aspirations
- Safe Relationships Week – Your Words Can Hurt – anti bullying and online safety, mental health and wellbeing, equality and respect.

Wider Curriculum:

Other PSHE objectives are taught through units of work throughout the curriculum – particularly those associated with healthy bodies. These objectives have been allocated to Key Stage / Year groups and teachers will incorporate them into their unit planning across the year.

PSHE objectives are also taught throughout school assemblies and will also be taught through workshops and school events.

The RSE and Health Policy outlines specifics related to those topics in a separate document.

PSHE in Reception

PSED (Personal, Social and Emotional Development) is a prime area of learning therefore an integral aspect of daily planning, teaching and learning:

- Self Regulation
- Managing Self
- Building Relationships

In Reception, we follow the PSHE curriculum structure from KS1 and KS2, using the relevant curriculum intentions from our EYFS curriculum. Our staff are highly skilled to ensure they support children in applying what they learn during their child-initiated play.



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Other aspects of PSHE learning through school activities:

There are many other opportunities for children to explore learning in PSHE, including:

- Community events
- The Junior Leadership Team
- Zones of Regulation
- Daily Wellbeing activities (journaling, yoga, peer massage, guided mediation)
- Regular class circle times
- Worry Boxes
- Worry Button on website
- Thrive

Adaptations for Pupils with SEND:

Chilton Primary School recognises that pupils with SEND may need aspects of the PSHE curriculum adapting to meet their needs, particularly when looking at aspects relating to online safety and relationships. The needs of individuals will be met through an inclusive approach.

PSHE and Equality

The PSHE curriculum is in line with the single equality duty policy. Staff will ensure that no judgement will be passed on the lifestyles and choices made by others. If a safeguarding issue is raised, staff are required to follow the correct safeguarding procedure and safeguarding policy.

Links to other school policies:

- Child Protection Policy
- Use of Mobile and Smart Technology and Social Media Policy
- Race Equality Policy
- Single Equalities Statement
- Transgender Policy
- Curriculum Policy
- Behaviour Policy
- Anti-Bullying Policy
- SEND Policy
- EYFS Policy
- RSE and Health Policy