



RICARDS LODGE HIGH SCHOOL

# PSHE/RSE Policy

PUBLISHED

Ricards Lodge High School	
Date written/last review	February 2025
Approval level	Governing Body
Date of next review	February 2026
Add to website Y/N	Yes

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## *Philosophy & Rationale*

PSHE is fundamental to the school values that underpin all teaching and learning at Ricards Lodge High School. We provide a safe, supportive, disciplined and stimulating environment where all members of the school community are valued and respected as individuals. Helping students to lead confident, healthy and responsible lives as individuals and members of society, preparing for and acquiring the understanding of knowledge and skills relevant to adult life and employment in a fast changing world. PSHE lessons and the varying activities offered across and beyond our school curriculum enable our students to gain practical knowledge and skills to help them live healthily and manage the social, moral, ethical and cultural issues they may face throughout their lives. [Personal, social, health and economic \(PSHE\) education](#)

In these challenging times we live in, PSHE is essential in educating students about the importance of creating a culture for positive well being, developing their self-esteem and aspiration to succeed whilst encouraging them to become independent self motivated learners, taking responsibility for their own learning and future choices of courses and careers. Students also explore the benefits and risks that come with using the internet and in particular social

media; the dangers of extremism and grooming. [Protecting children from radicalisation: the prevent duty](#)

### *British Values and Approach Towards Radicalisation*

The PSHE programme integrates the fundamental British Values of mutual respect, individual liberty, rule of law and democracy as specified. Students understand that while different people may hold different views about what is 'right' and 'wrong', all people living in England are subject to its law. The school's ethos and values support the rule of English civil and criminal law. When teaching about religious practice, particular care is taken to explore the relationship between state and religious practice. Students are made aware of the difference between the law of the land and religious practice.

We build students' resilience to radicalisation by providing a safe environment for debating controversial issues and helping them to understand how they can influence and safely participate in decision-making. Students are encouraged to recognise and manage risks, make safer choices, and recognise when pressure from others threatens their personal safety and wellbeing. [Promoting fundamental British values through SMSC](#)

### *Delivery of PSHE*

All Students in KS3 are taught PSHE two hours a fortnight and students at KS4 in Year 10 are taught PSHE one hour per fortnight. All students from Year 7-11 additionally receive PSHE through their tutor times, assemblies and special events. These lessons are developed by the Head of PSHE and the Head of Careers with PSHE, teachers and when applicable supported by specialist outside agencies. Merton Borough provides all schools with membership to the Government funded PSHE Association, which many of our resources, training events and thematic curriculum is taken from. We also make use of resources from the Government assured Oak Academy and use the NHS for up to date Health advice for our students.

Teachers are provided with up-to-date resources, statistics, changes in the law and relevant training to ensure students are able to safely ask difficult questions either directly to the teacher, anonymously via a question box, via their Google classrooms or our *Listen@Ricards* site. All teachers are aware of the controversial nature of many of the topics we cover and are fully aware of how personal beliefs and values can influence teaching. The Head of PSHE keeps the team up to date with current affairs that may affect the lived experiences of students and ensures all resources reflect the diversity of our school community and promotes the importance of using inclusive language so that everyone feels part of our school community.

In KS5 students are taught PSHE one hour fortnightly, these lessons are developed by the Head of Year at Ricards and taught by KS5 tutors and/or specialist staff. Many elements are also delivered across the curriculum such as within ICT, Technology, Science and Religious Education lessons.

PSHE is also delivered through activities which are not part of subject specific lessons:

- Tutorial work
- Rewards
- ICT
- SMSC working party
- Peer counselling (POP)
- School Council
- School Council Work
- Opportunities for Student Responsibilities and Autonomy
- Work with outside agencies
- Educational Visits and Activities
- Assemblies
- Careers Interviews
- Charity and Fundraising initiatives
- Extra Curricular Activities e.g. The Duke of Edinburgh Award, MUN conferences and other key enrichment events
- School partners e.g. school nurse and Safer Schools Police Officer
- Visitors are invited into school because of the particular expertise or contribution they are able to make and are supervised/supported by a member of staff at all times.

### *Progress Reports*

PSHE is not an exam based subject, teachers will therefore not grade student work according to levels but will follow the school policy on reporting on the effort that students make in their lessons and homework tasks. Homework may include independent reading, conducting a survey, research or questionnaire, writing a report, gathering information, learning facts or any other

relevant application. Teachers will assess student understanding on each scheme of work using google forms to evaluate learning and challenge any misconceptions.

### *Display*

Specific displays relating to PSHE are located in the main corridor outside the LRC's and shared on year group noticeboards. Essential telephone and contact details for external agencies offering support and advice are displayed in school, in virtual classrooms and taught within lessons. Information can also be obtained from PSHE staff, HoYs, school nurse, peer counsellors and achievement mentors.

### *Relationships, Sex and Health Education (RSHE)*

At Ricards Lodge High School, we deliver all aspects of the statutory Relationships, Sex, and Health Education (RSHE) curriculum, in line with the latest government guidance. Our curriculum is designed to equip students with the knowledge and skills to make informed decisions about their wellbeing, health, and relationships, while also preparing them for a successful adult life. We are committed to providing high-quality, inclusive, and age-appropriate education that supports students' personal development and future aspirations. [Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents](#)

Our PSHE curriculum is taught in scheduled PSHE lessons and supports young people through their physical, emotional and moral development and helps them learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. Students in KS4 will also study the law and religious and non-religious attitudes to marriage and the family as part of their Religious Studies GCSE. As required by the Government by the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- being safe
- online media, internet safety and harms
- changing adolescent body
- health and prevention
- healthy eating
- physical health and fitness
- basic first aid

- families
- respectful relationships, including friendships
- drugs, alcohol and tobacco
- intimate and sexual relationships, including sexual health

[PSHE Curriculum map](#)

Further guidance and information on the statutory curriculum can be found on the Government website [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

### *Right to Withdraw*

Parents/carers have the right to request their child be withdrawn from some or all parts of sex education delivered, but not from sex education within the national curriculum which includes elements such as puberty and reproduction which is also within the science curriculum in all maintained schools. Parents also are unable to withdraw their child from Health Education or the Relationships Education element of Relationships and Sex Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

[Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents](#)

A request to withdraw must be made in writing and submitted to the Headteacher for consideration. The head teacher retains the right to grant parents'/carers' request until three terms before the child turns 16. Three terms before students turn 16, they can opt back into sex education against their parent/carer wishes. Should this occur, the school will provide sex education during one of the three remaining terms. Those parents/carers wishing to exercise this right are invited to discuss their objections and concerns and reflect on the impact withdrawal may have on their child.

### *Roles and Responsibilities*

#### **Governing Board**

The Governing board approves this policy and monitors the delivery of the curriculum.

#### **Headteacher**

The headteacher is responsible for ensuring that PSHE is taught consistently across the school.

**Head of PSHE**

The curriculum is monitored by the Head of PSHE, through learning walks, book looks, student, parent/carer and staff voice. Each scheme of work is tailored for each year group specifically in collaboration with the Head of Year and pastoral team.

**Staff**

Staff are responsible for:

Delivering the curriculum in a sensitive way

Modelling positive attitudes

Monitoring progress

Responding to the needs of individual pupils

**Students**

Students are expected to engage fully in lessons and when discussing issues treat others with respect and sensitivity.

**Parent/ carers**

Parents/ carers can engage with the content by using Google classroom to view student resources and discuss topics with students. As part of our continued commitment to work together with parents, the Head of PSHE will annually invite parents to come and discuss the content of PSHE and see resources across the key stages. One event being in the morning and the other in the evening to maximise the amount of parents who are able to attend. All resources shared during the event will be available online for all to access via the '*Reach more Parents*' app.

## *Bibliography*

[Personal, social, health and economic \(PSHE\) education](#) Published 11 September 2013 Last updated 13th September 2021

[Promoting fundamental British values through SMSC](#) Published 27 November 2014

[Protecting children from radicalisation: the prevent duty](#) Published 1 July 2015 Last updated 17 August 2015

[PSHE Curriculum map](#) last updated Autumn 2024

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

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### [School policies](#)

[Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents](#)

### Other Related Policies

1. Safeguarding Policy
2. T&L Policy
3. Behaviour for Learning Policy
4. Remote Learning Policy