



Warlingham Park School

PSHE Policy

June 2026

Introduction

At Warlingham Park School our motto is 'learning to grow' and it is our intent to provide the best start in life for all pupils in our care by providing a broad, balanced and enriching curriculum. PSHE is seen as a vital part of that curriculum.

We intend that our pupils acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. As part of a whole school approach, we will teach the qualities and attributes pupils need to thrive as individuals, family members and members of society.

We provide a framework in which sensitive discussions can take place. We will help pupils develop feelings of self-respect, confidence and empathy. We will do so by creating a positive culture around issues and ensure that we respect all those in the school community

We intend to teach our pupils to be prepared for modern day life and to follow our code of conduct known as 'The Warlingham Way'

Statutory Framework

This policy is written in line with DfE statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2020), the Equality Act 2010 and Keeping Children Safe in Education (KCSIE).

Parents have the right to request withdrawal from the non-statutory components of sex education. There is no right to withdraw from Relationships Education or Health Education. This policy should be read in conjunction with the School's RSE policy, Schools Child Protection and Safeguarding policy and the School's behaviour policy.

The aims of the PSHE programme at Warlingham Park School are:

- Promoting the physical, mental, and emotional well-being of pupils by providing them with knowledge and skills related to health, relationships, and personal development.
- Developing pupils' understanding of social issues and encouraging them to think critically about the world around them.
- Promote British Values: democracy, rule of law, individual liberty, mutual respect and tolerance
- Providing pupils with the tools to make informed decisions about their own health and wellbeing and how to stay safe online.
- Fostering a supportive and inclusive school environment where all pupils feel valued and respected.
- Encouraging pupils to develop a sense of social responsibility and to actively contribute to their local and wider communities.
- Providing opportunities for pupils to discuss and explore sensitive topics in a safe and supportive environment.
- Encouraging pupils to reflect on their own values, beliefs, and attitudes, and to consider how these impact their relationships and decisions.

Our PSHE and wellbeing teaching involves

- Physical education
- Personal and health education
- Relationships and sex education
- Spiritual and moral knowledge and understanding
- Self-knowledge, self-esteem and self-confidence.

Curriculum

The curriculum is delivered through weekly class lessons, assemblies and focussed initiatives throughout the school year.

- No Outsiders – teaching pupils that ‘everyone is different and everyone belongs’ and preparing them for life as Global citizens
- Use of Zones of regulation to understand and regulate our emotions and moods
- PSHE lessons (Thematic assemblies, initiatives such as citizenship days, career talks, charity events)
- Wellio scheme of work. The programme is structured around key strands: self-awareness, mental health, relationships, physical health, online safety, growing and changing, safety and risk, and citizenship. These are delivered through a progressive, spiral curriculum. It is delivered through age-appropriate discussion.

At Warlingham Park School we aim to make PSHE an enjoyable learning experience. We encourage pupils to participate in a variety of experiences through which we aim to build the confidence of all pupils. Teaching focuses on developing the pupils joining in class discussions and working through solutions. We use texts to provoke thought and discussion and an opportunity for pupils to reflect upon their own words and actions. Our reward system acknowledges respectful and kind behaviour, tolerance, resilience and an understanding of the world around us. Our rewards are linked to our code of conduct and learning powers.

Equal opportunities

All teaching and non-teaching staff should ensure that all pupils, irrespective of gender, ability, ethnicity and social circumstances, have access to, and make the greatest progress possible, in all areas of the curriculum. Children with special educational needs are taught the full PSHE curriculum which is tailored by their teacher to meet their needs. Some children may receive additional support to help them take a full and active role in PSHE lessons. Tasks will be adapted if necessary to help children to succeed and reach their potential. This includes tailoring the content and giving pupils more time to understand new vocabulary taught.

Assessment

Children's work in PSHE is assessed by making informal judgements as we observe them during each PSHE lesson. Assessment can be done through discussion, a piece of work or a reflection on the topic covered.

Pupils will be assessed against assessment criteria and the subject is included on the reports sent to parents.

Outcomes in PSHE demonstrate a broad and balanced curriculum which ensures that pupils are given the opportunity to become responsible citizens who have the skills and knowledge to make positive choices.

The curriculum, along with our code of conduct and Learning Powers ensures that pupils develop their own 'toolkit' to equip them for life beyond Warlingham Park School and will continue 'learning to grow'. The impact of our Wellbeing programme can be found for example in our children's behaviour, interactions in the playground and the positive atmosphere in our school.

Monitoring and reviewing

The PSHE subject leader is responsible for:

- Monitoring the standard of the children's work and the quality of teaching and learning in PSHE
- Supporting colleagues in the planning, teaching and assessment of PSHE
- Evaluating the strengths and weaknesses in the subject and highlighting areas for further improvement on the subject action plan, and fed into the school development plan

Monitoring of the subject will take part termly and will involve:

- Planning and book scrutiny (where applicable)
- Interviews with pupils
- Conversations with staff
- Learning walks

Reviewed: June 2026 to reflect new scheme of work Policy Holder Annie Ingrassia (Head)
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Assembly Programme

Week / Date	Theme	Key Events / National Links	Wellio Strand	Learning Focus
Week 1 (1–5 June)	Keeping Safe & Making Good Choices	Child Safety Week; World Bicycle Day (3 June) [youhq.co.uk]	Safety, Risk & Decision-Making	Recognising unsafe situations, road safety, identifying trusted adults
Week 2 (8–12 June)	Healthy Bodies & Healthy Minds	Healthy Eating Week; Carers Week [youhq.co.uk]	Physical Health & Mental Wellbeing	Importance of nutrition, sleep, exercise; recognising people who help us
Week 3 (15–19 June)	Respect, Belonging & Refugees	Refugee Week; World Refugee Day (20 June) [youhq.co.uk]	Relationships & Citizenship	Understanding diversity, empathy, inclusion, rights and responsibilities
Week 4 (22–26 June)	Celebrating Diversity	School Diversity Week; Windrush Day (22 June) [caringforcare.co.uk]	Citizenship & Community	Respecting differences, equality, tolerance, British Values
Week 5 (29 June–3 July)	Caring for Our World	Nature Discovery Week; environmental themes [littleowls...ources.com]	Citizenship & Physical Wellbeing	Sustainability, responsibility, caring for the environment
Week 6 (6–10 July)	Helping Others & Our Community	NHS Anniversary (5 July) [youhq.co.uk]	Citizenship & Relationships	Appreciating community roles, careers, kindness and contribution

Whole-School Curriculum Map

Reception (EYFS)

Term	Unit Focus	Wellio Strands	Key Learning
Autumn	All About Me & Feelings	Self-awareness; Relationships	Recognising emotions, building confidence, forming friendships
Spring	Healthy Me	Physical Health; Safety	Hygiene, sleep, food, basic safety
Summer	Growing & Changing	RSE; Emotional Literacy	Changes, transition to Year 1, managing feelings

Year 1

Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Feelings & Friendships	Emotional Literacy; Relationships	Naming emotions, simple conflict resolution
Spring	Being Healthy	Physical Health; Mental Wellbeing	Healthy eating, exercise, wellbeing routines
Summer	Keeping Safe	Safety; Online Safety	Safe adults, basic online awareness, personal safety

Year 2

Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Relationships & Respect	Relationships; Citizenship	Kindness, respect, differences
Spring	My Wellbeing	Mental Health; Self-awareness	Managing feelings, asking for help
Summer	Safety & the Wider World	Safety; Citizenship	Road safety, community awareness

Year 3

Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Belonging & Identity	Self-awareness; Relationships	Identity, belonging, diversity
Spring	Healthy Lifestyles	Physical Health; Wellbeing	Nutrition, exercise, balanced lifestyle
Summer	Safety & Online Awareness	Online Safety; Risk	Safe internet use, recognising risks

Year 4

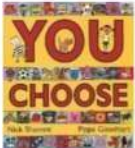
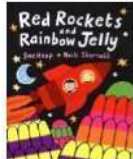
Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Positive Relationships	Relationships; Communication	Friendship skills, managing conflict
Spring	Mental Health & Emotions	Mental Wellbeing; Self-awareness	Coping strategies, resilience
Summer	Growing & Changing	RSE; Safety	Puberty (intro), personal boundaries

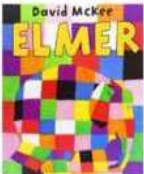
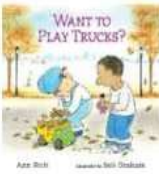
Year 5

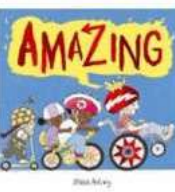
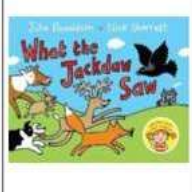
Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Identity, Equality & Diversity	Citizenship; Relationships	Equality, stereotypes, British Values
Spring	Health & Wellbeing	Physical & Mental Health	Lifestyle choices, managing stress
Summer	Puberty & Safety	RSE; Risk & Decision-making	Puberty, peer pressure, online safety

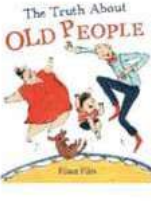
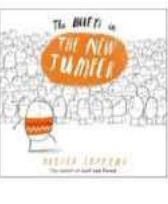
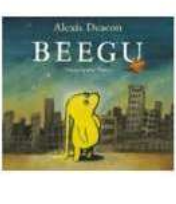
Year 6

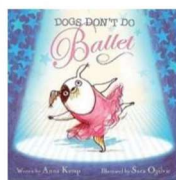
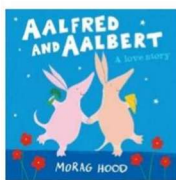
Term	Unit Focus	Wellio Strands	Key Learning
Autumn	Relationships Responsibility	Relationships; Citizenship	Respect, consent (age-appropriate), responsibility
Spring	Mental Health & Independence	Mental Wellbeing; Self-awareness	Resilience, managing change, independence
Summer	Transition & Life Skills	RSE; Safety; Citizenship	Transition to secondary, risk, decision-making

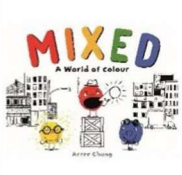
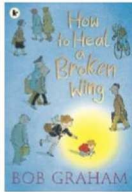
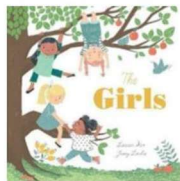
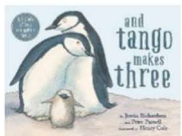
Reception						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hello Hello	You Choose	Mommy, Mama and Me	Blue Chameleon	Red Rockets and Rainbow Jelly	Ten Little Pirates
						
We Are Learning...	To say Hello	To say what I think	To celebrate my family	To make friends with someone who may be different	To understand that it's okay to like different things	To play with boys and girls
RHE/PSHE Themes	We are all different	Pupil Voice	All families are different	Race	Accepting difference	Gender Equality
British Values	Mutual Respect and acceptance (tolerance)	Democracy	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance) Individual Liberty	Mutual Respect
Links	https://www.youtube.com/watch?v=QuT5e1C5NY	https://www.youtube.com/watch?v=tUca8bkXWjI	https://www.youtube.com/watch?v=d16pJB5u4c	https://www.youtube.com/watch?v=IZ65SKOIECU	https://www.youtube.com/watch?v=r3lqWRAwFOc	https://www.youtube.com/watch?v=Wt7ekQ8kPU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 1						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Elmer	Want to play trucks?	Going to the Volcano	Max the Champion	Everybody's Welcome	Errol's Garden
						
We Are Learning...	To like the way I am	To find ways to play together	To join in	To understand that our bodies work in different ways	To make you feel welcome	To work together
RHE/PSHE Themes	Race	Gender Stereotypes	Diversity and Inclusion	Disability	Accepting difference	Diversity and Inclusion Working with others
British Values	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance), Democracy	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance), Democracy
Links	https://www.youtube.com/watch?v=TUepS9yGANQ	https://www.pbslearningmedia.org/resource/1129-want-to-play-trucks-video/lets-learn/	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=RJFC3dPXqyw	https://www.youtube.com/watch?v=8-L0mdrphGI
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 2						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hair, It's a Family Affair!	The Great Big Book of Families	Amazing	All Are Welcome	How To Be a Lion	What the Jackdaw Saw
						
We Are Learning...	To be proud to be me	To understand what diversity is	To think about what makes a good friend	To know I belong	To have self confidence	To communicate in different ways
RHE/PSHE Themes	Race	The UK is diverse	Disability/celebrating difference	Inclusion/Identity	Identity	Disability
British Values	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=vR_Y-tZzkGM	https://www.youtube.com/watch?v=rMqjvma1vo	https://www.youtube.com/watch?v=ueAoTgkuiMQ	https://www.youtube.com/watch?v=rFvbDAvWTYA	https://www.youtube.com/watch?v=mr8_bafjW_M	https://www.youtube.com/watch?v=nhhzx16Jlwg
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 3						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	The Suitcase	We're All Wonders	The Truth About Old People	The Hueys in The New Jumper	Planet Omar: Accidental Trouble Magnet	Beegu
						
We Are Learning...	To help those in need	To Understand What a Bystander is	To recognise a stereotype	To recognise and help an outsider	To consider living in Britain today	To be welcoming
RHE/PSHE Themes	Respect/Kindness	Pupil Voice/doing the right thing	Age/Stereotypes	To be yourself/ Self-esteem	Diversity and Prejudice	Bullying/Isolation
British Values	Mutual Respect and acceptance (tolerance)	Democracy Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=lmizwPXjcSQ	https://www.youtube.com/watch?v=b2zG1b31y0	https://www.youtube.com/watch?v=5wxxmK3UkMs	https://www.youtube.com/watch?v=H7vAbyWV0Ec	https://www.youtube.com/watch?v=G0t0CQeYMr8	https://www.youtube.com/watch?v=OaX_zGZ00Y8
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 4						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Along Came a Different	Dogs Don't Do Ballet	King and King	Aalfred and Aalbert	When Sadness Comes to Call	Julian is a Mermaid
						
We Are Learning...	To help someone accept difference	To choose when to be assertive	To understand why people choose to get married	To find common ground	To look after my mental health	To show acceptance
RHE/PSHE Themes	Accepting difference	Self-confidence	Relationships	Friendships	Mental Health	Community Identity Accepting others
British Values	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty (self-help)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=_q_blsPzxWM	https://www.youtube.com/watch?v=mGDibmHo_bA	https://www.youtube.com/watch?v=D9LVEY2JVIO	https://www.youtube.com/watch?v=_vo9BH1fbpo	https://www.youtube.com/watch?v=_5tbaXha6rs	https://www.youtube.com/watch?v=62HGR e_QuhU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding P5 Social development & collaboration P8 Staying safe and keeping healthy					

Year 5						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Kenny Lives with Erica and Martina	Mixed	How to Heal a Broken Wing	The Girls	The Only Way is Badger	And Tango Makes Three
						
We Are Learning...	To consider consequences	To consider responses to racist behaviour	To recognise when someone needs help	To explore friendship	To consider language and freedom of speech	To exchange dialogue and express an opinion
RHE/PSHE Themes	Accepting and celebrating difference	Race and Racism	Choosing to help	Friendship	Pupil Voice Freedom of speech	Prejudice, different ideas and co-existence
British Values	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Individual Liberty Democracy Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=QU6uFPbWGZw	https://www.youtube.com/watch?v=SlbGioTNS4M	https://www.youtube.com/watch?v=blukq16CJLU	https://www.youtube.com/watch?v=ct1Odrl1A6U&t=19s	https://www.youtube.com/watch?v=8YANw78y68E	https://www.youtube.com/watch?v=bGZHD4SKmQU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

