



**HORNCHURCH**  
HIGH SCHOOL  
EXCELLENCE FOR ALL

## PERSONAL, SOCIAL, HEALTH AND ECONOMICS (PSHE) POLICY

<b>SCHOOL NAME:</b>	<b>HORNCHURCH HIGH SCHOOL</b>
<b>DATE OF ADOPTION:</b>	<b>01/09/2025</b>
<b>DATE OF NEXT REVIEW</b>	<b>01/09/2026</b>
<b>CHAIR OF GOVERNORS SIGNATURE:</b>	<b>L. HALL</b>
<b>HEAD SIGNATURE:</b>	<b>S.MADHVANI</b>

### 1. Introduction

Personal, Social, Health and Economic (PSHE) education is a non-statutory but important and necessary part of all pupils' education (Department for Education, 2020).

At Hornchurch High School we have high expectations of our students and strive to ensure that every child achieves academically, socially and personally through our school ethos and values of **Kindness, Friendship, Resilience, Curiosity and Respect**.

Our PSHE programme (called *Civics* in the school curriculum) is rooted in these values and aims to equip students with the knowledge, skills, and confidence required to make safe and informed decisions throughout their lives.

PSHE at Hornchurch High draws on the statutory content outlined in the national curriculum, the basic school curriculum, and statutory guidance on:

- Drug and alcohol education
- Financial education
- Relationship and Sex Education (RSE)
- Health and wellbeing (including physical activity and diet)

From **September 2026**, updated statutory requirements for **Relationships, Sex and Health Education (RSHE)** will be fully implemented. These changes strengthen the teaching of safeguarding, digital literacy, healthy relationships, and respect, ensuring all students are prepared to thrive in modern Britain.

We tailor our PSHE programme to the needs of our pupils by:

1. Promoting their spiritual, moral, cultural, mental and physical development.
2. Preparing them for the opportunities, responsibilities, and experiences of adult life.

### 2. Statutory requirements

PSHE is a non-statutory subject. However, there are statutory elements within it.

As of **September 2026**, schools are required to deliver:

1. **Relationships, Sex and Health Education (RSHE)** – updated to reflect new guidance that emphasises:
  - Online safety and the impact of social media
  - Consent and respect in relationships
  - Sexual harassment, sexual violence and safeguarding
  - Understanding diversity, equality and protected characteristics
  - Physical health, mental health and emotional wellbeing
  - The risks of vaping, substance misuse and emerging health concerns
2. **Health education**, which now explicitly includes content on sleep, screen time, and balancing digital life with healthy routines.

These statutory elements fall under the **Children and Social Work Act 2017**, updated in line with **DfE guidance 2026**.

### 3. Content and delivery

#### 3.1 What we teach

Hornchurch High delivers a comprehensive RSHE programme in line with the new 2026 statutory requirements. It covers:

- **Healthy relationships** (friendships, families, and romantic relationships)
- **Respect and equality** (including LGBT+ awareness and tackling discrimination)
- **Physical and mental health** (sleep, diet, exercise, addiction, stress management)
- **Online safety** (digital resilience, risks of pornography, cyberbullying, misinformation)
- **Consent, safety and safeguarding** (including managing peer pressure and recognising abuse)
- **Life skills** (financial literacy, careers education, employability skills)

#### 3.2 How we teach it

- Students in KS3 and KS4 receive a **weekly timetabled PSHE lesson** (1 hour), supplemented by **Drop Down Days** and **form time sessions**.
- Our curriculum is supported by resources from the **PSHE Association**, ensuring lessons are evidence-based and in line with statutory guidance.
- All lessons are carefully planned to reflect the needs of our students and are underpinned by British Values: democracy, the rule of law, individual liberty, and mutual respect and tolerance.
- Teachers establish safe learning environments, encourage hypothetical discussion rather than personal disclosure, and provide time for reflection and application.
- The **SENDCo supports inclusive planning** to ensure all pupils can access the curriculum.
- Outside experts and professionals may contribute to the delivery of specific topics, ensuring high-quality and relevant provision.

## 4. Roles and responsibilities

- **The Governing Board** approves the PSHE Policy and holds the Head of School to account for its implementation.
- **The Head of School** ensures PSHE is taught consistently across the school.
- **Staff** are responsible for delivering lessons sensitively, modelling positive attitudes, and responding to pupil needs.
- **Pupils** are expected to engage fully, show respect in discussions, and reflect on their learning.

## 5. Monitoring arrangements

The delivery of PSHE is monitored by:

- The Head of School
- Assistant Headteacher (Personal Development)
- Head of Civics

Monitoring includes:

- Learning walks, lesson observations and planning reviews
- Student voice surveys and parent/staff feedback
- Sampling of pupil work and assessment evidence
- Tracking attendance at PSHE lessons and Drop-Down Days

Pupil progress in PSHE is assessed through formative teacher assessment, self-reflection activities, and contributions to discussions.

## 6. Links with other policies

This policy should be read alongside:

- Relationships, Sex and Health Education (RSHE) Policy
- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality and Diversity Policy

This policy will be reviewed annually by SLT and approved by the Full Governing Board.