

EHB

Personal, Social,
Health
(& Economic)
Education Policy
Including Relationship
Education

Introduction

This policy sets out the framework for delivering Personal, Social, Health and Economic Education (PSHE) and Relationships and Health Education (RHE) at Eaton House Belgravia, Pre-Prep. It applies to pupils from Nursery to Year 3 only. The policy ensures that the provision of PSHE and RHE is consistent, age-appropriate, and aligned with statutory requirements, while reflecting the ethos and values of Eaton House Belgravia: kindness, ambition, and individuality. Provision is fully aligned with the Department for Education's Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019).

Aims and Purpose

The aim of PSHE and RHE at Eaton House Belgravia is to provide pupils with the knowledge, skills, and attitudes they need to thrive personally, socially, and academically. Our teaching promotes wellbeing, resilience, and respect for others, while preparing children for the next stage of their education.

Through PSHE and RHE we aim to:

- Promote self-confidence, emotional literacy, and resilience.
- Encourage respect for self and others, valuing diversity and inclusion.
- Develop positive relationships and understanding of family, friendships, and community.
- Teach age-appropriate strategies for physical and mental health, safety, and wellbeing.
- Provide a foundation for understanding rights, responsibilities, and citizenship.

Curriculum

PSHE and RHE at Eaton House Belgravia is delivered through Jigsaw, a progressive and spiral scheme covering six core themes across the year: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships, and Changing Me.

The programme is taught in weekly sessions from Nursery to Year 3 and is supported by assemblies, circle times, and cross-curricular links.

Coverage by phase:

- EYFS: Focus on emotional literacy, making relationships, self-confidence, and safety.
- KS1 (Years 1–2): Building resilience, celebrating difference, managing friendships, understanding safety, and developing healthy habits.
- Year 3: Extending knowledge of wellbeing, responsibilities, respect, diversity, and online safety.

Relationships and Health Education

RHE is taught as part of PSHE and focuses on family, friendships, respect, kindness, and understanding diversity. Pupils are taught how to build positive relationships, resolve conflict, and recognise their own feelings and those of others.

Health education includes healthy lifestyles, physical activity, diet, safety, basic first aid, and age-appropriate online safety. Puberty education is not part of the curriculum at Eaton House Belgravia, as the school ends at Year 3. Pupils are instead prepared with strong foundations in self-awareness, respect for their bodies, and understanding of personal boundaries.

Inclusion

PSHE and RHE are inclusive for all pupils, regardless of background, ability, or need. Adaptive teaching ensures that pupils with SEND, EAL, or higher ability are supported and challenged appropriately. Strategies include the use of visuals, scaffolding, enrichment activities, and targeted support.

Assessment

Assessment in PSHE and RHE is ongoing and primarily formative. Teachers assess learning through observations, discussions, role-play, and pupil self-reflection. Summative judgements are made at the end of each half term, and evidence is collated in class scrapbooks, journals, or displays where appropriate.

Monitoring and Review

The Deputy Head is responsible for monitoring the delivery and impact of PSHE and RHE. Monitoring takes place through learning walks, lesson observations, pupil voice, and planning reviews. Findings are shared with staff and used to refine provision. The policy is reviewed annually to ensure compliance with statutory requirements and alignment with best practice. Findings are used to celebrate strengths, address areas for development, and ensure pupils leave Year 3 with secure foundations in personal, social, and emotional learning.

Roles and Responsibilities

- Class Teachers deliver PSHE and RHE lessons and assess pupil progress.
- Heads of Year oversee planning, resources, and curriculum development.
- The Deputy Head monitors provision and reports to SLT and governors.

- Parents are encouraged to engage with PSHE and RHE through workshops, communication, and h