

NEWLANDS GIRLS' SCHOOL

POLICY DOCUMENT



PSHE

LAST UPDATED AND REVIEW	Assistant Headteacher/ Senior Link to PSHE	September 2025
--------------------------------	---	----------------

POLICY TYPE	Voluntary/School Policy
REVIEW FREQUENCY	Every 3 years – next review date Nov 2028

RESPONSIBLE		
Management Team	Assistant Headteacher/Senior Link to PSHE	
Governance Committee	Curriculum	
APPROVED/ MEETING DATE	Headteacher Minuted by Full Governing Body	22 nd September 2025

Courage Commitment Compassion

Newlands Girls' School PSHE Policy

School Ethos

At Newlands Girls' School, Personal, Social, Health and Economic Education (PSHE) supports and enhances the development of students. Our vision is to build an ambitious and caring community where students contribute meaningfully to school life and believe there are no limits to what they can achieve. We want our students to act with courage, remain committed, and always show compassion and kindness.

PSHE is intrinsically linked with Spiritual, Moral, Social and Cultural development (SMSC) and promotes the British Values of:

- Democracy
- Individual Liberty
- The Rule of Law
- Mutual Respect
- Tolerance

Our PSHE programme aims to support students in becoming responsible, informed citizens through a broad and inclusive curriculum.

Curriculum Overview

PSHE is organised around three core themes:

- Relationships
- Health and Well-being
- Living in the Wider World

Lessons include (but are not limited to):

- Friendship, peer pressure, challenging stereotypes, bullying
- Healthy eating, physical health, hygiene, body image, mental health

- Drug and alcohol misuse, including county lines
- Puberty, menstrual wellbeing, contraception, consent, STIs, LGBTQIA+ awareness, relationships and marriage, fertility and pregnancy outcomes
- Female Genital Mutilation (FGM), forced marriage, domestic violence
- Cybersafety, childhood sexual exploitation (CSE), knife crime, gang awareness
- First aid and allergies
- Citizenship: human rights, democracy, identity, liberty, radicalisation, tolerance and respect
- Politics, finance, and career pathways

At Newlands, we recognise that a well-planned and well-sequenced, whole-school approach is essential in meeting the aims of our PSHE programme; all curricular – and extra-curricular- contributions to PSHE should form a coherent whole.

Delivery Methods

- Timetabled PSHE lessons
- Weekly structured pastoral programme during form time
- Cross-curricular links in subject lessons
- Pastoral care and pupil guidance systems
- Weekly assemblies based on 'Thought for the Week'
- Student leadership opportunities (e.g. School Council)
- Offsite learning (e.g. residentials, work experience)
- Extra-curricular activities (e.g. sport, music, volunteering, Duke of Edinburgh Award)
- External speakers and workshops
- Community engagement and volunteering

Safeguarding and Inclusivity

Safeguarding is embedded throughout the PSHE curriculum. Staff receive regular training to ensure sensitive topics are handled appropriately, and referral pathways

are clearly communicated. The curriculum is inclusive and adapted to meet the needs of all learners, including those with SEND and from diverse cultural backgrounds.

Assessment and Evaluation

While PSHE is not formally assessed through grades, student progress is monitored through:

- Reflective activities and discussions
- Student voice and feedback
- Staff observations
- Pastoral team input

The programme is reviewed regularly to ensure it remains relevant, effective, and aligned with statutory guidance, including the DfE's Relationships Sex and Health Education (RSHE) requirements.

Intended Outcomes

- Live confident, healthy, independent lives as socially and morally responsible citizens
- Show courage and confidence in asserting their values and beliefs
- Challenge prejudice and discrimination
- Maintain respectful interpersonal relationships
- Think critically and reflectively
- Communicate and collaborate effectively
- Demonstrate self-awareness, self-discipline, and resilience

Monitoring and Review

We continually monitor, review, and evaluate our PSHE programme to ensure high standards and expectations are maintained. Feedback from students, staff, and external partners informs ongoing development.