



**PSHE POLICY**  
**Westbury House School**  
January 2026

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The school's approach to PSHE is to reflect its aims and ethos. This includes actively promoting the Fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs.

PSHE is delivered through:

- weekly timetabled lessons
- Character Virtue Education and occasionally Philosophy lessons (Form Time)
- Weekly Assemblies
- Cross-curricular links in all other areas of learning

Character Education is embedded in the school curriculum and follows The Jubilee Centre Programme of Study. Throughout the year, pupils' study eighteen different character virtues namely:

- Caring
- Helpfulness
- Empathy
- Cooperation
- Courage
- Kindliness
- Cleanliness
- Fairness
- Friendliness/Friendship
- Community
- Patience
- Respect
- Courtesy
- Forgiveness
- Determination
- Self-discipline
- Gratitude and
- Honesty

.....with the aim of developing a set of personal traits or dispositions that produce specific moral emotions, inform motivation and guide conduct. Character education supports WHS pupils in the development of positive personal strengths or virtues.

A Christian ethos informs our approach at Westbury House and underpins our values in PSHE. Pupils engage in Christian prayers at lunch time and during assemblies. However, the school acknowledges and welcomes children of all faiths and delivers a values-based rather than faith-based PSHE curriculum.

The school promotes pupil's physical and emotional health and wellbeing, and raises awareness around the importance of mental health through a high-quality, whole-school pastoral support programme including:

- Weekly Mindfulness lessons (including MindUp)
- Fortnightly wellbeing meetings
- Peer Mentor Programmes
- Emotional Support sessions within Learning Support Department

**Careers Education** is delivered formally to both Years 5 and 6 through the PSHE curriculum content. The school holds a 'Career Week' in the Summer Term for the whole school where parents and visitors working in various fields talk to the children about their working experiences or run workshops for example for Marketing or enterprise projects. Where possible, the emergency services are invited in to the school so that the children can consider careers in areas such as Fire and law enforcement. The school also runs activities such as 'The Fiver Challenge' where children are invited to create or develop a product with minimal resources in order to make a profit.

At Westbury House School, the **PSHE** curriculum is strongly tied to Relationship and Health Education (RHE) as well as pastoral care programme. In PSHE (and RHE) delivery, the school pays particular regard to the protected characteristics under Section 4 of the Equality Act 2010 (of which pupils are made aware to the extent which is age appropriate). They are as follows:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual Orientation

## PSHE CURRICULUM CONTENT

### EYFS Content

#### Early Years 3D PSHE Introduction Coverage

Managing Feelings/ Behaviour	Lessons
Beginning to be able to negotiate and solve problems without aggression (DM 40-60 months) It's all about... where to start!	Lesson 5 'what a problem' Lesson 25 'Litter Bug!'
Talks about how they and other show feelings (ELG) It's all about...heaving heart!	Lesson 2 'Nan's House' Lesson 20 'The New Pet'
Talks about their own and others' behaviour and its consequences (ELG) it's all about...being smart!	Lesson 12 'Clean and Tidy' Lesson 13 'Bully Boy' Lesson 24 'Playtime Games'
Work as part of a group or class, and understands and follows the rules (ELG) it's all about...taking part!	Lesson 9 'Stick to the Rules'

Making Relationships	Lessons
Initiates conversations, attends to and takes account of what others say (DM 40-60 months) Its all about...taking part!	Lesson 7 'An Old Friend'
Explains own knowledge and understanding (DM 40-60 months) It's all about...taking part!	Lesson 16 'All Join In' Lesson 23 'Eid Mubarak!'
Asks appropriate questions of others (DM 40-60 months) It's all about...being smart!	Lesson 11 'I Feel Poorly' Lesson 18 'A Piece of Cake'
Takes steps to resolve conflicts with other children by finding compromises (DM 40-60 months) It's all about...where to start!	Lesson 4 'Its Your Turn'
Plays co-operatively, taking turns with others (ELG) It's all about...taking part!	Lesson 4 'It's Your Turn' Lesson 24 'Playtime Games' Lesson 25 'Litter Bug!'
Takes account of one another's ideas about how to organise an activity (ELG) It's all about...having heart!	Lesson 10 'Rainy Days' Lesson 19 'Busy Body'
Shows sensitivity to others' needs and feelings and form positive relationships with adults and other children (ELG) It's all about...having heart!	Lesson 1 'Hide and Seek' Lesson 7 'An Old Friends' Lesson 14 'Family Fun' Lesson 23 'Eid Mubarak!'

Self Confidence/ Awareness	Lessons
Confidence to speak to others about own needs, wants, interests and opinions (DM 40-60 months) It's all about...being smart!	Lesson 3 'I like...' Lesson 10 'Rainy Days' Lesson 25 'Litter Bug!'
Can describe self in positive terms and talk about abilities (DM 40-60 months) It's all about... being smart!	Lesson 8 'Me and You' Lesson 15 'one Gold Star'
Confident to try new activities (ELG) It's all about...being smart!	Lesson 6 'Taking the Plunge'
Says why they like some activities more than others (ELG) It's all about being smart!	Lesson 2 'Nan's House'
Confident to speak in a familiar group (ELG) It's all about...taking part!	Lesson 10 'Rainy Days'
Talks about their ideas (ELG) It's all about...being smart!	Lesson 10 'Rainy Days'
Chooses resources they need for their chosen activities (ELG) It's all about...being smart!	Lesson 18 'A Piece of Cake'
Says when they do or don't need help (ELG) It's all about...being smart!	Lesson 6 'Take the Plunge' Lesson 17 'I'm Stuck' Lesson 21 'Dressing Up' Lesson 22 'E-Safety, Be Safe'

Health and wellbeing overview		
Recognise	Reflect	Respond
<p><b>HW1</b> Know how to keep safe and how and where to get help.</p> <p><b>HW2</b> Recognise what is right and wrong, what is fair and unfair and explain why.</p> <p><b>HW3</b> Recognise how attitude and behaviour, including bullying, may affect others.</p> <p><b>HW4</b> Recognise and respect similarities and differences between people.</p> <p><b>HW5</b> Recognise and respond to issues of safety relating to themselves and others and how to get help.</p> <p><b>HW6</b> recognise and manage risk in everyday activities.</p> <p><b>HW7</b> Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying.</p> <p><b>HW8</b> Recognise stereotyping and discrimination.</p> <p><b>HW9</b> Recognise their strengths and how they contribute to different groups.</p> <p><b>HW10</b> Recognise the factors influencing opinion and choice, including the media.</p> <p><b>HW11</b> Recognise how their behaviours and that of others may influence people both positively and negatively.</p> <p><b>HW12</b> Recognise the benefits of regular exercise and understand the particular</p>	<p><b>HW13</b> Listen to and show consideration for other people's views.</p> <p><b>HW14</b> Identify and talk about their own and others strengths and weaknesses and how to improve.</p> <p><b>HW15</b> Listen to, reflect on and respect other people's views and feelings.</p> <p><b>HW16</b> Negotiate and present their own views.</p> <p><b>HW17</b> Self-asses, understanding how this will help their future actions.</p>	<p><b>HW18</b> Work and play independently and in groups, showing sensitivity to others.</p> <p><b>HW19</b> Use strategies to stay safe when using ICT and the internet.</p> <p><b>HW20</b> Work independently and in groups, taking on different roles and collaborating towards common goals.</p> <p><b>HW21</b> Use ICT safely including keeping electronic data secure.</p> <p><b>HW22</b> Take the lead, prioritise actions and work independently and collaboratively towards goals.</p> <p><b>HW23</b> Set goals, prioritise, and manage time and resources, understanding how this will help their future actions.</p> <p><b>HW24</b> Challenge stereotyping and discrimination.</p> <p><b>HW25</b> Manage risk in everyday activities.</p> <p><b>HW26</b> Take responsibility for their own safety and the safety of others and be able to seek help in an emergency.</p> <p><b>HW27</b> Use ICT safely including using software features and settings.</p>

benefits of different physical activities for promoting health.		<b>HW28</b> Respond to challenges, including recognising, taking, and managing risk.
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### Citizenship Skills Ladder

	Years One/ Two	Years Three/ Four	Years Five/ Six
<b>Recognise</b>	<p><b>Ci1</b> Recognise the difference between good and bad choices.</p> <p><b>Ci2</b> Recognise the difference between right and wrong and what is fair and unfair.</p>	<p><b>Ci8</b> show awareness of issues affecting communities and groups.</p> <p><b>Ci9</b> recognise the need to take responsibility for actions.</p> <p><b>Ci10</b> Identify the difference between needs and wants.</p> <p><b>Ci11</b> identify and understand why laws are made and how they are applied to justly.</p> <p><b>Ci12</b> Recognise the importance of local organisations in providing for the needs of the local community.</p>	<p><b>Ci17</b> Recognise how rights need to be balanced against responsibilities in order to protect individual and communities from injustice.</p> <p><b>Ci18</b> Recognise communities and the people within them are diverse, changing and interconnected.</p> <p><b>Ci19</b> Recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others.</p> <p><b>Ci20</b> Identify different forms of discrimination against people in societies.</p>
<b>Reflect</b>	<b>Ci3</b> Consider ways of looking after the school or	<b>Ci13</b> reflect on how people can take actions,	<b>Ci21</b> Discuss how people can live and work together



	<p>community and how to care for the local environment.</p> <p><b>Ci4</b> Identify the importance of rules and be able to say why rules applying to them are necessary.</p>	<p>make a positive contribution, and have a say in what happens, both locally and nationally.</p> <p><b>Ci14</b> Reflect on the impact of people's actions on others and the environment.</p>	<p>to benefit their communities.</p> <p><b>Ci22</b> Consider the impact that discrimination has on people's lives.</p> <p><b>Ci23</b> Consider the main features of a democracy.</p>
<b>Respond</b>	<p><b>Ci5</b> Express views and take part in decision making activities to improve their immediate environment or community.</p> <p><b>Ci6</b> Take turns and share as appropriate.</p> <p><b>Ci7</b> Suggest rules that would improve things for the common good.</p>	<p><b>Ci15</b> Work co-operatively, showing fairness and consideration to others.</p> <p><b>Ci16</b> Make decisions, considering the impact they may have on others.</p>	<p><b>Ci24</b> work collaboratively towards common goals.</p> <p><b>Ci25</b> Reach agreements, make decisions, and manage discussions to achieve positive results.</p> <p><b>Ci26</b> Engage actively with democratic processes and address issues of concern to them through their actions and decision making.</p>

## Personal wellbeing

Year One/Two				
	Economic wellbeing	Emotional wellbeing	Physical wellbeing	Relationships
<b>Recognise</b>	<p><b>PW1</b> identify the different types of work people do and learn about different places of work.</p> <p><b>PW2</b> Recognise where money comes from and the choices people make to spend money on things they want and need.</p>	<p><b>PW5</b> Recognise what they like and dislike.</p> <p><b>PW6</b> Recognise what they are good at.</p> <p><b>PW7</b> Recognise, name and manage their feelings in a positive way.</p>	<p><b>PW11</b> Recognise why healthy eating and physical activity are beneficial.</p> <p><b>PW12</b> Recognise that some substances can help or harm the body.</p> <p><b>PW13</b> Recognise the simple physical changes to their bodies experienced since birth.</p>	<p><b>PW18</b> Recognise that there are people who care for and look after them.</p> <p><b>PW19</b> Identify different relationships that they have and why these are important.</p> <p><b>PW20</b> Recognise how their behaviour affects other people.</p>
<b>Reflect</b>	<p><b>PW3</b> Understand that we cannot always afford the items we want to buy.</p>	<p><b>PW8</b> Understand the difference between impulsive and considered behaviour.</p>	<p><b>PW14</b> Reflect on the similarities and differences between people.</p>	<p><b>PW21</b> Consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying.</p>
<b>Respond</b>	<p><b>PW4</b> Contribute to enterprise activities.</p>	<p><b>PW9</b> Share their opinions on things that</p>	<p><b>PW15</b> Demonstrate basic road safety skills.</p>	<p><b>PW22</b> Seek help from an appropriate</p>

		<p>matter to them.</p> <p><b>PW10</b> Make positive real-life choices (television, games, money)</p>	<p><b>PW16</b> Make simple choices that Improve their health and wellbeing e.g., healthy eating.</p> <p><b>PW17</b> Manage basic personal hygiene.</p>	<p>adult when necessary.</p> <p><b>PW23</b> Develop positive relationships through work and play.</p>
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Year Three/Four				
	Economic wellbeing	Emotional wellbeing	Physical wellbeing	Relationships
<b>Recognise</b>	<p><b>PW24</b> Recognise why people work.</p> <p><b>PW25</b> Identify the range of jobs carried out by the people they know.</p> <p><b>PW26</b> Recognise what influences the choices people make about how money is spent.</p>	<p><b>PW29</b> Face new challenges positively and know when to seek help.</p>	<p><b>PW35</b> Show awareness of changes that take place as they grow.</p> <p><b>PW36</b> Recognise that there are medicines and some other substances that can be used in a safe way to improve health.</p>	<p><b>PW42</b> Identify strategies to respond to negative behaviour constructively and ask for help.</p>
<b>Reflect</b>	<p><b>PW27</b> Reflect on the range of skills needed in different jobs.</p>	<p><b>PW30</b> Begin to reflect on their own worth as individuals by identifying positive things about themselves and their achievements.</p>	<p><b>PW37</b> Explore the relationship and balance between physical activity and nutrition in achieving a physically and</p>	<p><b>PW43</b> Understand the nature and consequences of negative behaviours such as bullying, aggressiveness.</p>

		<b>PW31</b> Reflect on own mistakes and make amends.	mentally healthy lifestyle.	
<b>Respond</b>	<b>PW28</b> Suggest how they can contribute to a range of activities that help them to become more enterprising.	<p><b>PW32</b> Talk about their views on issues that affect themselves and their class.</p> <p><b>PW33</b> Begin to make responsible choices and consider consequences.</p> <p><b>PW34</b> Develop strategies for managing and controlling strong feelings and emotions.</p>	<p><b>PW38</b> Extend strategies to cope with risky situations.</p> <p><b>PW39</b> behave safely and responsibly in different situations.</p> <p><b>PW40</b> Follow school rules about health and safety and know where to get help.</p> <p><b>PW41</b> Begin to make informed lifestyle choices.</p>	<p><b>PW44</b> Empathise with another viewpoint.</p> <p><b>PW45</b> Form and maintain appropriate relationships with a range of different people.</p>

Year Five/ Six				
	Economic wellbeing	Emotional wellbeing	Physical wellbeing	Relationships
<b>Recognise</b>	<p><b>PW46</b> Identify the skills they need to develop to make their own contribution in the working world in the future.</p> <p><b>PW47</b> Recognise how people manage money and learn about basic financial capability.</p>	<p><b>PW51</b> Recognise that people can feel alone and misunderstood and learn how to give appropriate support.</p>	<p><b>PW57</b> Identify the different kinds of risks associated with the use and misuse of a range of substances can have on individuals, their families, and friends.</p> <p><b>PW58</b> Recognise that when the body changes during puberty it can affect feelings and behaviour.</p> <p><b>PW59</b> Recognise when physical contact is acceptable and unacceptable.</p>	<p><b>PW63</b> Recognise that positive friendships and relationships can promote health and wellbeing.</p> <p><b>PW64</b> Identify how to find information and advice through help lines.</p> <p><b>PW65</b> Recognise how new relationships may develop.</p>
<b>Reflect</b>	<p><b>PW48</b> Make connections between their learning, the world of work and their future economic wellbeing.</p>	<p><b>PW52</b> Talk, write, and explain their views on issues that affect the wider environment.</p> <p><b>PW53</b> Reflect on how to deal with feelings about themselves, their family and others in a positive way.</p>	<p><b>PW60</b> Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene.</p>	<p><b>PW66</b> Reflect on the many different types of relationships that exist.</p> <p><b>PW67</b> Judge what kind of physical contact is acceptable or unacceptable</p>

				in a relationship.
<b>Respond</b>	<p><b>PW49</b> Look after their money and realise that future wants, and needs may be met through saving.</p> <p><b>PW50</b> Show initiative and take responsibility for activities that develop enterprise capability.</p>	<p><b>PW54</b> Begin to set personal goals.</p> <p><b>PW55</b> Act based on responsible choices.</p> <p><b>PW56</b> Develop strategies for controlling strong feelings and emotions and dealing with negative pressures.</p>	<p><b>PW61</b> Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle.</p> <p><b>PW62</b> Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs.</p>	<p><b>PW68</b> Manage changing emotions and recognise how they can impact on relationships.</p> <p><b>PW69</b> Talk with a wide range of adults.</p>

## **Effective promotion of Fundamental British values**

These are democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs. This is evident in the school's ethos and in many ways throughout the school, for example, in the RHE and PSHE programme, School Council, assemblies, Character Virtues lessons, the No Outsiders curriculum and within subject areas.

## **Political Education**

Political issues may occasionally be referred to in lessons. They are presented in a balanced manner and can be linked to the teaching of Fundamental British Values.

## **Monitoring and Review**

This policy will be monitored by the Deputy Head who will report to the Headmistress on its implementation on a regular basis. The Headmistress will report to the Governing Body on the progress of the policy and will recommend any changes.

All teachers monitor the effectiveness of the curriculum and provide Subject Leaders and/or the Deputy Heads with regular feedback so that improvements can be made. Subject Leaders monitor their subjects on an ongoing basis so that a forward-looking approach to curriculum development is undertaken.

All subjects, their schemes and other documentation are reviewed annually by the Senior Leadership Team.

The allocation of subjects to classes, and their period allowances, are reviewed annually by the Senior Leadership Team.

The curriculum policy is reviewed every two years at Governance level

This is a whole-school policy which includes the Early Years Foundation Stage.

**Next policy review date: Spring 2027**