



Parent Information Guide

Personal, Social, Health and Economic (PSHE) Education

Aspire • Learn • Succeed

What is PSHE?

Personal, Social, Health and Economic (PSHE) education helps children develop the knowledge, skills and understanding they need to lead healthy, safe and fulfilling lives. It prepares children for the opportunities, responsibilities and experiences they will encounter as they grow up and become active members of society.

At Mill Hill Primary School, we believe that PSHE is an essential part of every child's education. Through our curriculum, children learn how to build positive relationships, understand and manage their emotions, keep themselves safe, respect others and make informed decisions.

Our curriculum follows the statutory guidance from the Department for Education and is delivered in an age-appropriate way throughout the school.

What will my child learn?

Our PSHE curriculum is organised into three key areas.

Relationships

Children learn about:

- friendships and healthy relationships
 - different families and caring relationships
 - respect, kindness and inclusion
 - bullying, including online bullying
 - consent and personal boundaries
 - staying safe online
 - recognising trusted adults
 - how and where to seek help
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Living in the Wider World

Children learn about:

- belonging to a community
- British Values
- democracy and citizenship
- rights and responsibilities
- financial education



- careers and aspirations
 - caring for the environment
 - media literacy
 - online safety
 - using technology responsibly
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Health and Wellbeing

Children learn about:

- physical health
 - mental health and emotional wellbeing
 - healthy eating
 - exercise and sleep
 - personal hygiene
 - medicines and keeping safe
 - first aid
 - growing and changing
 - puberty (Upper Key Stage 2)
 - preparing for change and transition
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Relationships and Health Education

Relationships Education and Health Education are statutory subjects in all primary schools.

Children learn about:

- healthy friendships
- families
- respect
- keeping safe
- online relationships
- physical and mental health
- growing and changing

In Years 5 and 6, children also receive age-appropriate learning about puberty as part of Health Education.

Mill Hill Primary School teaches the statutory requirements for Relationships Education, Health Education and the National Curriculum for Science. The school does not currently



teach any additional non-statutory sex education beyond these statutory requirements. Therefore, there are no lessons from which parents may request withdrawal.

How is PSHE taught?

Children take part in weekly PSHE lessons delivered by their class teacher.

Lessons include:

- class discussions
- group work
- role play
- stories and videos
- problem-solving activities
- circle time
- practical activities
- reflection

Children are encouraged to ask questions, think critically and respect the views of others within a safe and supportive learning environment.

Supporting children's wellbeing

Looking after children's emotional wellbeing is central to our PSHE curriculum.

Children are taught:

- how to recognise and manage their feelings
- strategies for building resilience
- how to solve problems positively
- where to find help if they are worried
- how to support others appropriately

We encourage children to speak to a trusted adult whenever they feel worried or unsafe.

Online Safety

Online safety is taught throughout the year rather than as a standalone topic.

Children learn:

- how to stay safe online
- how to protect personal information
- how to recognise unsafe online behaviour
- how to report concerns



- how to think critically about information found online
 - how to use technology responsibly, including understanding emerging technologies such as artificial intelligence (AI)
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Celebrating Diversity

At Mill Hill Primary School, we celebrate the diversity of our community.

Children learn to:

- respect differences
- challenge stereotypes
- understand equality
- value different cultures, beliefs and family structures
- show kindness and empathy towards others

Our curriculum reflects the values of respect, inclusion and belonging for every child.

Enrichment Opportunities

Our PSHE curriculum is enhanced through a range of whole-school events and themed weeks, including:

- Anti-Bullying Week
- Children's Mental Health Week
- Road Safety Week
- Parliament Week
- Black History Month
- Neurodiversity Celebration Week
- Earth Day
- World Mental Health Day
- Careers activities
- First Aid learning
- Visits and visitors from community organisations

These opportunities help children apply their learning to real-life situations.

How can parents support PSHE learning?

Parents and carers play a vital role in supporting children's personal development.



You can help by:

- talking regularly with your child about their day
- encouraging healthy lifestyles
- promoting kindness and respect
- discussing online safety
- encouraging independence and responsibility
- reading together and discussing different viewpoints
- modelling positive relationships

If your child has any questions about PSHE learning, we encourage you to discuss these openly at home. If you would like further information about our curriculum, please contact your child's class teacher or the PSHE Subject Leader (Mrs Small).

Further Information

For more information, please see:

- PSHE Policy
- PSHE Yearly Overview
- Relationships and Sex Education (RSE) Policy
- Safeguarding and Child Protection Policy
- Online Safety Policy

These documents are available on our school website.

Together, we can help every child to **Aspire, Learn and Succeed** while developing the confidence, resilience and skills they need for life beyond primary school.