

# 21/22 PSHE-supporting delivery KS 1 & 2

Spring  
2022

## Curriculum planning support

There are tools to help PSHE leads plan an effective PSHE/RSE curriculum:  
[PSHE Association](#)  
[PSHE Association education planning toolkits](#) for Key Stages 1-4 and for SEND Key Stages 1-4 have been designed to be used alongside the PSHE Association Programme of Study for PSHE education: *Health and Wellbeing, Relationships and Living in the Wider World*. The tool kits will enable PSHE education subject leaders to review, design and develop their own scheme of work, based on best practice curriculum design, tailored for the context of the school and needs of the pupils.

[Health Education Partnership \(HEP\)](#)

[Health Education Partnership Resources](#)

Locally, HEP have produced separate PSHE and Wellbeing Frameworks for Primary and Secondary schools that cover the statutory content and the non-statutory elements for secondary schools such as economic wellbeing. Schools in Barnet are encouraged to use the framework to help plan and deliver their PSHE curriculum.



Barnet Children's  
and Young People's  
Public Health Team

Supporting Primary  
schools deliver  
effective PSHE/RSE  
Curriculum

## What is PSHE/RSE?

Personal, Social, Health and Economic (PSHE) education is a school curriculum subject which helps pupils develop the knowledge and skills to stay healthy and safe now and into their adult life. PSHE is also the curriculum subject through which Relationship and Sexual Health Education (RSE) content is delivered in most schools. Teaching RSE within this wider PSHE context is effective because of the overlap and connections between health, relationships, economic wellbeing and thriving in everyday life and work.

During the COVID-19 pandemic, mental health, physical health and maintaining healthy relationships (including at home and online) have been issues of concern. Therefore, it remains important to prioritise effective PSHE education within regular curriculum time.

## Why is PSHE/RSE important to young people?

Effective delivery of PSHE/RSE education helps pupils to achieve their academic potential and provides a broad and balanced life-skills learning programme. A quality and comprehensive PSHE/RSE curriculum enables young people to become:

- \*confident individuals who know and understand how to live safe, happy, healthy, fulfilling lives;
- \*young people who are able to maintain positive, respectful and healthy relationships, within which they can thrive personally and socially;
- \*responsible citizens who understand they have rights and responsibilities that help them make a positive contribution to society; and
- \*successful learners who enjoy overall learning, making progress and achieving success

**Barnet Public Health aims to support Barnet Primary schools in their delivery of an effective PSHE curriculum. This issue highlights key advice in planning PSHE delivery and signposts to relevant resources and partners.**

## Statutory basis for PSHE/RSE

Most of PSHE education became statutory for all schools from September 2020 under the Children and Social Work Act 2017. This includes Relationships Education at key stages 1 and 2, Relationships and Sex Education (RSE) at key stages 3 and 4, and Health Education in both primary and secondary phases.

The Department for Education published [Statutory Guidance](#) for Relationships Education, Relationships and Sex Education (RSE) and Health Education in June 2019. This sets out what schools must cover from September 2020.

**The statutory guidance outlines what schools *must* cover – though not everything that schools *should* cover.** The DfE says: *'All elements of PSHE are important and the government continues to recommend PSHE be taught in schools'*.

The [PSHE Education Programme of Study KS 1 - 5](#), covers all of the statutory content as well as vital non-statutory content related to economic wellbeing and careers education.

## Safeguarding

In Barnet, schools are supported in their safeguarding responsibilities through Barnet Educational Learning Services (BELS). This support provides strategic leadership, policy templates, guidance and workforce development opportunities. There are structured procedures for managing incidents and emerging issues and each school response is led by a Designated Safeguarding Lead (DSL). The DSLs meet regularly as part of a safeguarding network.

PSHE sits alongside these formal processes as the educational component of safeguarding.

For more information contact Jane Morris Safeguarding and Inclusion Email: [jane.morris@barnet.gov.uk](mailto:jane.morris@barnet.gov.uk)

## Good Practice in RSHE for Primary schools?

### Free training: Good Practice in RSHE for primary school PSHE leads (two-part training)

For: Primary PSHE Leads

Time: 1:00pm to 3:30pm (24<sup>th</sup> May 07 June 2022). Participants need to attend both sessions

Booking: To book a place please use this link <https://healtheducationpartnership.com/all-events/527/>

Training Overview:

Relationships and Health Education became statutory for all primary schools from September 2020 with the Dfe recommending that primary schools have a programme of sex education tailored to the age and the physical and emotional maturity of the pupils. This two-part training will support schools to ensure that they are fulfilling the statutory requirements and meeting pupil needs. Training will build PSHE leads' confidence to plan, deliver and assess good quality RSHE, to support colleagues and consult with parents.

For more information, or if you have any questions, please contact:

Andrew Pembroke – [andrew.pembroke@healtheducationpartnership.com](mailto:andrew.pembroke@healtheducationpartnership.com)

## Barnet Primary Schools PSHE Leads Network

Barnet Public Health through the Health Education Partnership will be supporting the continuation of the PSHE Leads Network for Primary Schools. Join us at the next meeting of the network:

### Barnet Primary PSHE Network 18<sup>th</sup> May 2022

Time: 1:30pm to 3:30pm

Cost: FREE

Booking: To book a place please use this link <https://healtheducationpartnership.com/all-events/681/>

Training Overview:

A half termly network meeting for Primary PSHE Leads to share good practice, receive updates of new initiatives, resources and guidelines.

- Access clear guidance on the statutory requirements
- Explore strategies for implementation
- Receive updates on the latest resources and CPD available from HEP
- Build connections with local PSHE leads
- Link to partners offering local support
- Explore links with Healthy Schools London

For more information, or to book a one-to one PSHE development meeting, please contact:

Andrew Pembroke – [Andrew.pembroke@healtheducationpartnership.com](mailto:Andrew.pembroke@healtheducationpartnership.com)

Follow up one to one advice and support for the development and delivery of PSHE is also available.

Leader(s): Tania Barney and Andrew Pembroke – PSHE and Healthy Schools London advisors - Health Education Partnership

## Primary School PSHE – How can we best support you?

### Primary school PSHE- listening to you!

From the Summer Term 2022, the local PSHE leads Network Meetings and support available to Primary Schools will be delivered by Health Education Partnership (HEP) and commissioned by Barnet Public Health.

Many staff will be familiar with HEP, as they coordinate and support the Healthy Schools programme in Barnet. We have set up this consultation survey as part of a wider consultation initiative to help find out what PSHE support you need to deliver an effective Primary school PSHE curriculum.

We have already started this process and have been discussing your views and suggestions during our recent network meetings. This survey gives everyone another opportunity to tell us more about the support you need.

We will use your views to help shape the future support we offer.

Closing Date: **31<sup>st</sup> March 2022**

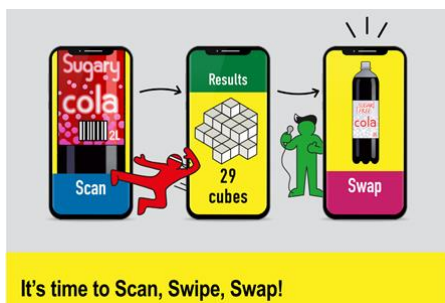
Take the survey : [https://www.research.net/r/Barnet\\_Primary\\_PSHE](https://www.research.net/r/Barnet_Primary_PSHE)

## Food scanner- Scan Swipe Swap!

The new childhood nutrition campaign from Better Health focuses on using the Food Scanner app to help families make healthier food swaps. New curriculum linked teaching resources featuring the app are now the [School Zone](#) for primary schools Check out the [newsletter](#) for more ideas and activities.

Research shows that nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6.1 The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options. Our new Scan, Swipe, Swap activities toolkit uses the excitement of the app to encourage young people to explore what's in their food and make healthier choices. Engaging AR technology brings food labels to life as your pupils scan their way to healthier swaps. Look out for a class set of take-home leaflets being delivered with your school fruit and veg box to inspire pupils and their families to make healthier swaps at home. Want to send all pupils home with the leaflet? Simply order more here and you'll also receive free classroom display assets and an Eatwell Plate poster. Alternatively, call: 0300 123 1002 or email: [foodscanner@prolog.co.uk](mailto:foodscanner@prolog.co.uk)

## Scan, swipe, swap – activities toolkit



To access the full campaign resources, which also includes a communication toolkit and children's healthier eating toolkit please register with [Campaign Resource Centre \(phe.gov.uk\)](https://www.phe.gov.uk) .

## OFSTED Deep Dive

The aim of a deep dive is based on OFSTED's motto of "let's see that in action together": to allow inspectors to gather the necessary evidence to form an accurate evaluation of how education flows from **intention to implementation to impact** within a school. The deep dive contains the following components:

- **Intent** – curriculum meeting the needs of the pupils?
- **Implementation** – timetabled lessons & confident staff?
- **Impact** – measures to show the positive impact?

HEP have produced an audit tool to help schools prepare for the deep dive.

Contact for more information :

[Andrew.pembroke@healtheducationpartnership.com](mailto:Andrew.pembroke@healtheducationpartnership.com)

If you do not wish to receive this newsletter please let me know:

[Sharon.smith@barnet.gov.uk](mailto:Sharon.smith@barnet.gov.uk)

## Local contacts:

Barnet Public Health:  
Sharon Smith  
[Sharon.Smith@barnet.gov.uk](mailto:Sharon.Smith@barnet.gov.uk)

Health Education  
Partnership:

Tania Barney  
[tania.barney@healtheducationpartnership.com](mailto:tania.barney@healtheducationpartnership.com)

Andrew Pembroke  
[andrew.pembroke@healtheducationpartnership.com](mailto:andrew.pembroke@healtheducationpartnership.com)

Brook RSE :  
Sophie Chase:  
[sophie.chase@brook.org.uk](mailto:sophie.chase@brook.org.uk)

Mental Health and  
Resilience Manager:

Jayne Abbott  
[jayne.abbott@barnet.gov.uk](mailto:jayne.abbott@barnet.gov.uk)

Barnet Education and  
Learning Services:

Neil Marlow  
[Neil.marlow@barnet.gov.uk](mailto:Neil.marlow@barnet.gov.uk)

Safeguarding Lead:  
Jane Morris  
[Jane.morris@barnet.gov.uk](mailto:Jane.morris@barnet.gov.uk)

Prevent Education  
Officer:  
Liam Foote  
[Liam.foote@barnet.gov.uk](mailto:Liam.foote@barnet.gov.uk)

Schools Voluntary Org  
lead:  
Tina Kaponi  
[tinak@youngbarnetfoundation.org.uk](mailto:tinak@youngbarnetfoundation.org.uk)

## Golden KM- Middlesex University Research

In partnership with Public Health Barnet, Middlesex University is currently working across primary schools in Barnet, assessing the impact of participating in Barnet's Golden kilometre on pupils' physical activity and physical literacy levels.

The project has received a great response from pupils, parents, and teachers taking part. The team have recently completed their baseline assessments in 2 primary schools, which has included some fundamental movement skills tests and the handout of physical activity watches to pupils for seven days.

There is still an opportunity for schools to join the project as either intervention or control groups. The project involves one registration period (15mins) and one PE lesson (60mins) at baseline and the end of the academic year. There are also some additional measures for schoolteachers and parents.

Participating in The Barnet Golden Kilometre research project can help schools achieve their silver and gold awards for the Healthy Schools London campaign and contribute to the Barnet Resilient Schools Programme.

If you would like further information on the project, please contact Shannah Anico  
[s.anico@mdx.ac.uk](mailto:s.anico@mdx.ac.uk).

For more information about the **Healthy Schools London Award** please contact: Tania Barney [tania.barney@healtheducationpartnership.com](mailto:tania.barney@healtheducationpartnership.com)

## Further resources

- [Teaching about relationships, sex and health - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [PSHE Association resources and curriculum](#)
- [Health Education Partnership Resources](#)
- BICS – podcasts training and support: [Barnet Integrated Clinical Service \(BICS\) | Barnet - WWC](#)
- [Promoting healthy relationships in schools | NSPCC Learning](#)
- [Campaign Resource Centre \(phe.gov.uk\)](https://phe.gov.uk) .
- [Healthy eating | Whole-school ideas | PHE School Zone](#)
- <https://campaignresources.phe.gov.uk/schools/topics/being-active/overview>
- [School Zone](#)
- [Barnet Partnership for School Improvement](#)
- [Healthy Schools London Award Barnet](#)