

PSHE & RSE at Westfield School

At Westfield School, we deliver a high-quality PSHE (Personal, Social, Health & Economic) and RSE (Relationships & Sex Education) curriculum that follows all current UK statutory guidance and uses trusted resources from the PSHE Association.

How We Teach PSHE & RSE

Learning takes place through everyday routines as well as discrete taught sessions, ensuring students receive age- and stage-appropriate support that helps them understand themselves, others, and how to stay safe.

What We Learn Across the Year

Our rolling, fully differentiated curriculum covers six key areas across the year:

- Autumn: Self-awareness; Self-care, support & safety
- Spring: Managing feelings; Changing & growing
- Summer: Healthy lifestyles; The world I live in

All learning is carefully adapted so every student can participate confidently and meaningfully.

Extra Support for Wellbeing and Communication

We enhance our curriculum with:

- **THRIVE** for emotional development
- **ELSA** for building emotional literacy and confidence
- **Partnership for Children** for resilience and problem-solving
- **Talkabout** – designed to develop social communication, self-esteem, and friendship skills
- **Cross-class communication groups** to help students practise skills with different people and in new contexts

These approaches help students transfer learning across contexts and develop social, emotional, and communication skills.

A Step-by-Step Approach

Our curriculum is taught in building blocks, allowing students to move on only when they are ready. This ensures learning is safe, respectful, and tailored to individual needs.

Values teaching:

Our Core Values are: Building Resilience, Respect, Empathy and Reflection with the aim to grow strong, kind and thoughtful learners. These values are directly taught and woven through daily learning, therapeutic support, and whole-school life to support students with a wide range of complex needs.

Statutory Requirements

We meet all statutory expectations for:

- Relationships Education
- RSE (where applicable)
- Health Education

We also cover required content from the Science curriculum, including puberty and human development.

Consent and Parent Information

Parents may request withdrawal from non-statutory sex education. This does not include Relationships Education, Health Education, or statutory Science content. We aim to keep parents well informed and welcome any questions. Content is always delivered sensitively, at the right developmental level, with the goal of building resilience, safety, and confidence.