



Buxlow School

Policy for Personal
Health, Social and
Citizenship Education.
(PHSCE)

Document created by:	Head of Centre September 2025
Reviewed by:	SLT September 2025
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Buxlow is an independent school providing specialist education for children and young people aged 5–11 with a range of Complex Needs. All of our children and young people have significant barriers to learning due to their complex learning difficulties and disabilities in the area of autistic spectrum conditions, moderate to severe learning difficulties, associated medical and health issues and moderate mental health conditions. All of our young people are extremely vulnerable and many have experienced disruption to formal education. For some pupils, this has resulted in long periods of absence which has impacted on their self-esteem and self-confidence.

At Buxlow we believe all young people deserve the right to an education that will support them to become happy and confident individuals with skills, and where appropriate, qualifications and achievements that will support them in their future. The overriding aim of our curriculum and wider work is to achieve the best possible outcomes for our young people in terms of individual learning, independence, personal growth and development and personal safety. We aim to provide pupils with an understanding about the wider world to enable them to make informed, appropriate choices and decisions where possible. Our PSHE curriculum is flexible, adaptable and robust enough to meet the ever-changing demands of the modern world, and best prepare our young people for a life within it.

Personal Health, Social and Citizenship Education.(PHSCE) is central to the educational entitlement of all children at Buxlow School, and as a cross-curricular dimension, permeates all aspects of life in school. It is encompassed within the teaching of several subjects, notably, PE, Science, RE and a number of the cross-curricular themes. It is discussed in both whole school and key stage assemblies and is an integral part of the whole curriculum.

This policy sets out the aims of PHSCE curriculum and takes due regard of the following:

The Economic, Education and Equality Act 2010 (Para 39)- The school will include economic education alongside respect for other people with particular regard to the protected characteristics of: age; disability; gender reassignment. Marriage and civil partnership; pregnancy and maternity; race; religion; cultural background and belief; sex and sexual orientation.

The Send Code 2014

The EYFS regulations

DfE Keeping Children Safe in Education (KCSIE) 2025 and all following recommendations to ensure that safeguarding of all children is of paramount importance. (Please see Safeguarding Policy for further details)

The Prevent Strategy and the DfE's CHANNEL training.

The SMSC Requirements for independent Schools 2014 (Paras 19 and 51) The Spiritual, Moral, Social and Cultural education will actively promote fundamental British Values including: democracy; mutual respect; friendship; decision making; tolerance of different faiths and beliefs.

AIMS

The PHSCE programme of learning at Buxlow helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy and independent lives and to become informed, active responsible citizens. They learn to recognise their own worth and work well with others. They learn to understand and respect our common humanity, diversity and differences so that

they can go on to form effective, fulfilling relationships that are an essential part of life and learning and conducive to effective learning.

To ensure pupils' personal, social and emotional development we aim to create:

- a friendly, supportive atmosphere,
- a safe and secure environment which is conducive to learning
- an understanding that every child is valued and encouraged to achieve of their best at all times and where positive relationships which are seen to be of great importance.

The way the curriculum is managed, its organisation and the varying teaching styles used are central to the school's philosophy and ethos, its aims, attitudes and values. All contribute to the development of children in school.

METHOD

Through a variety of learning experiences Buxlow School helps each child:

- To think and act for oneself
- Acquire personal qualities and values
- Take their place in a wide range of roles in preparation for adult life
- Develop confidence/independence
- Value and respect oneself and value others
- To know their self better and think well of themselves
- To develop social skills
- Value and respect belongings/living things/environment
- Be able to share/cooperate

Work to develop a cross-curricular dimension will be included in class, or school based topics, for instance a project on 'Marvellous Me'. This could include work in science, RE, English or History. A topic in Science on 'Healthy Bodies' could focus on food and diet, exercise, smoking or drug or solvent abuse.

Alongside National Curriculum subjects, cross-curricular themes form an integral part of the social personal development of our children. Health education considers the physical and sexual development of the child. Citizenship considers moral issues and careers and economic and industrial understanding, vocational aspects.

In planning the curriculum, the pupils in every year group have at least two lessons of 30 minutes each per week at Buxlow School. These lessons provide the pupils with:

- A clear, consistent framework of values in which to work; supported and agreed by all.
- Supportive relationships between teacher and child, child and child.
- A classroom climate which encourages all children to explore and encourages a high level of interest.
- Opportunities for development outside the classroom situation through responsibilities, extra-curricular activities, educational visits

All staff to encourage positive approaches to behaviour and our discipline policy reflects this. It sets clear guidelines for both parent and child.

We provide opportunities for personal and social development through a variety of strategies:

- Individual, Peer group, collaborative group work.
- Discussion and role-play
- Involvement in a range of problem solving activities
- Preparation and presentation of tasks for different audiences
- Positive self-assessment
- Positive marking, with verbal or written comments

Through our general routines, in and out of the classroom, and the way in which individuals relate to each other, children are encouraged to form their own attitudes and values. By building positive working relationships between children and staff all members of our school family are valued as individuals. They learn to see the need for good manners, self-discipline and appropriate behaviour in whatever situation they find themselves in.

Buxlow School provides opportunities for parents, the community and outside agencies to contribute to the personal and social development of its children through their active involvement in the life and philosophy of the school.

PARTICIPATING IN THE LIFE OF THE SCHOOL

PSHE by its nature is an ongoing subject, which evolves as events arise. We encourage the children to contribute to decision making. The children have a range of responsibilities, allowing them to progress in the development of their skills and accept more responsibility as they do so.

- Individual children demonstrate their talents to the class or to the school through assemblies~ by playing a musical instrument, dancing or reciting poetry.
- Fund Raising ~ events such as bring and buy and cake baking and selling.
- Charities ~ support charities such as
 - guide dogs for the blind
 - Red Nose Day / Sport Relief
 - Children in Need
- Healthy eating talks
- Assemblies
- Circle time
- Drugs and sex education (Covered by staff of same gender)
- Safety at home and at school
- Road safety~ talks, videos & leaflets
- Choices and consequences
- Changing schools
- Coping with new situations
- People who help us

- Sharing
- Relationships
- Feelings
- Belonging
- Promises
- Friendships

PSHCE Programme of Studies

The Programme of Studies provides for 3 Core Themes:

Health and Wellbeing

Relationships

Living in the wider world.

We use a bespoke curriculum based on ability and needs of pupils alongside the No Outsiders and Jigsaw PSHE Programme of study to support our PSHCE learning. These are tailored to the learning needs of our pupils.

PSHCE is ongoing throughout the year. The pupils are encouraged to be aware of the part they play in society, values, 'right' and 'wrong, morals and respect for others. The children explore their feelings, questions and points of view through role-play, drama and discussion. We have circle time as and when necessary as well as golden time from nursery up to year 2 at the class teacher's discretion.

At Buxlow we work towards helping the children develop self-esteem, confidence, independence, responsibility and to make the most of their abilities. We encourage them to play an active role as future citizens through various activities such as raising money for a variety of charities. We encourage them to develop a healthy lifestyle and to keep themselves and others safe. The children are encouraged to develop effective and fulfilling relationships and learn to respect the differences between people.

Achievement is recognised & celebrated:
(academic/ sporting/ musical/ dance etc.)








- In class as appropriate
- In whole school assemblies
- Class Points
- Commendations

Commendations are awarded each week for outstanding effort and achievement. These contribute towards building a pupil's self-esteem and a sense of community and belonging.

It also helps to create a positive atmosphere in the school and develop the pupils' sense of pride and self-worth. The commendations are noted in the weekly newsletter, therefore shared with a wider audience.


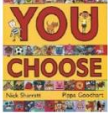


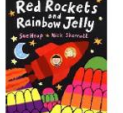



Buxlow School PSHE scheme of work 2025-2026






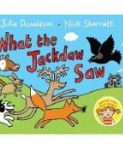
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Special events <ul style="list-style-type: none"> Settling in 	Special events <ul style="list-style-type: none"> Anti-bullying/ National Kindness day Black History Month Diwali Halloween Bonfire night Armistice Day Road Safety week Christmas Jumper Day Hannukah Christmas 	Special events <ul style="list-style-type: none"> Safer Internet Day Children's Mental Health Week Chinese New Year Ramadan begins (17th Feb) 	Special events <ul style="list-style-type: none"> Neurodiversity Celebration Week Eid Al-Fitr (19th Mar) International Day of Happiness Comic Relief Red Nose Day Passover begins (1st Apr) Easter 	Special events <ul style="list-style-type: none"> Healthy Eating National School Sports Week (15th Jun) RSE Day (25th Jun) 	Special events
Resources – The Colour monster 	Resources – Rainbow fish  Diwali props Poppies Books on influential Black figures	Resources - Smartie the penguin 	Resources - The perfect fit 	Resources - Olivers Fruit Salad, Olivers vegetables   Variety of fruits and vegetables Sorting healthy/unhealthy foods	Resources -Dentist  Toothbrushes/toothpaste People who help us resources


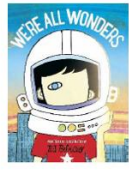
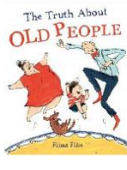


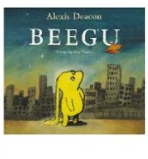
Introduce life skills <ul style="list-style-type: none"> Washing hands Putting on coat/jackets and shoes Following a toileting routine 	Life skills <ul style="list-style-type: none"> Washing face Brushing hair Using a knife to butter Turn-taking/waiting for a turn 	Life skills <ul style="list-style-type: none"> Road safety Using a knife to butter Managing belongs 	Life skills <ul style="list-style-type: none"> Road Safety cont.d – outside of school grounds Using knife to cut Washing up - monitor 	Life skills <ul style="list-style-type: none"> Practice taking off jumper, shoes and coat. Ways to stay healthy 	Life skills <ul style="list-style-type: none"> Swimming Dentist – brushing teeth
Learning objectives					
Settling in to new environment, new people and new routines. To recognise differences in ourselves and others – Perfectly Me book. Introducing emotions; happy, sad, tired, angry etc. Understanding class rules and routines. Build confidence to share ideas in group reading. Work cooperatively, taking turns in phonics/reading games.	To understand how to share with a peer. Understanding class rules and routines Learning about how to be kind through gestures etc (Kindness buckets) To develop collaboration, turn-taking, and social skills. To identify and express emotions.	To be able to wait for a turn. To know how to use technology safely and what to do if a problem arises when using a device. To use one-handed tools safely e.g. knife. Show self-confidence in attempting new tasks. Express ideas about themselves, feelings, family, friendships, and experiences.	To understand/show awareness of road safety. To learn the green cross code. To use one handed tools safely and with developing control. To understand safe choices, teamwork, and simple problem-solving. To recognise private parts, understand personal boundaries, and know who to ask for help. (Pants are private)	To be able to develop independence to try and do things themselves. To be able to form friendships. To begin to understand different ways to stay healthy e.g. healthy/unhealthy foods, exercise. To begin to understand teamwork, helping others, and responsibility.	To be able to develop play with other children. To be able to take care of their own self-care. To understand how to stay safe when swimming. To begin to understand teamwork, helping others, and responsibility.

No Outsiders



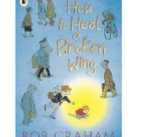
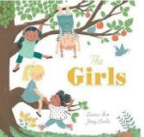

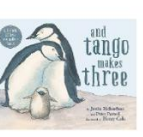
Reception						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hello Hello	You Choose	Mommy, Mama and Me	Blue Chameleon	Red Rockets and Rainbow Jelly	Ten Little Pirates
						
We Are Learning...	To say Hello	To say what I think	To celebrate my family	To make friends with someone who may be different	To understand that it's okay to like different things	To play with boys and girls
RHE/PSHE Themes	We are all different	Pupil Voice	All families are different	Race	Accepting difference	Gender Equality
British Values	Mutual Respect and acceptance (tolerance)	Democracy	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance) Individual Liberty	Mutual Respect
Links	https://www.youtube.com/watch?v=QuT5e1C5NY	https://www.youtube.com/watch?v=tUca8BkXwjl	https://www.youtube.com/watch?v=d16pijBSu4c	https://www.youtube.com/watch?v=lZ65SKOIECU	https://www.youtube.com/watch?v=r3lqWRaWFOc	https://www.youtube.com/watch?v=Wt7ek08k_PU
Personal Development	P1 Self-understanding P6 Contribution to others, the school and the community		P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding		P5 Social development & collaboration	




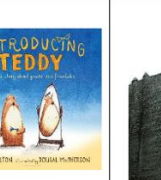

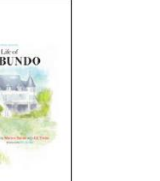
Year 1						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Elmer	Want to play trucks?	Going to the Volcano	Max the Champion	Everybody's Welcome	Errol's Garden
						
We Are Learning...	To like the way I am	To find ways to play together	To join in	To understand that our bodies work in different ways	To make you feel welcome	To work together
RHE/PSHE Themes	Race	Gender Stereotypes	Diversity and Inclusion	Everyone is different	Accepting difference	Diversity and Inclusion Working with others
British Values	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance), Democracy	Mutual Respect and Acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance), Democracy
Links	https://www.youtube.com/watch?v=TIUepS9yGANQ	https://www.pbslearningmedia.org/resource/1l29-want-to-play-trucks-video/lets-learn/	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=RJFC3dPXqvw	https://www.youtube.com/watch?v=8L0mdrphGI
Personal Development	P1 Self-understanding P6 Contribution to others, the school and the community		P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding		P5 Social development & collaboration	

Year 2						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hair, It's a Family Affair!	The Great Big Book of Families	Amazing	All Are Welcome	How To Be a Lion	What the Jackdaw Saw
						
We Are Learning...	To be proud to be me	To understand what diversity is	To think about what makes a good friend	To know I belong	To have self confidence	To communicate in different ways
RHE/PSHE Themes	Race	The UK is diverse	Disability/celebrating difference	Inclusion/Identity	Identity	Disability
British Values	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=r_Y-tZkGM	https://www.youtube.com/watch?v=rMqjvma1vo	https://www.youtube.com/watch?v=ueAoTqkuIMQ	https://www.youtube.com/watch?v=rFvbOAvWYTA	https://www.youtube.com/watch?v=mr8_bafjW_M	https://www.youtube.com/watch?v=nhhz16lwg
Personal Development	P1 Self-understanding P6 Contribution to others, the school and the community		P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding		P5 Social development & collaboration	

Year 3						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	The Suitcase	We're All Wonders	The Truth About Old People	The Hueys in The New Jumper	Planet Omar: Accidental Trouble Magnet	Beegu
						
We Are Learning...	To help those in need	To Understand What a Bystander is	To recognise a stereotype	To recognise and help an outsider	To consider living in Britain today	To be welcoming
RHE/PSHE Themes	Respect/Kindness	Pupil Voice/doing the right thing	Age/Stereotypes	Empathy	Diversity and Prejudice	Bullying/Isolation
British Values	Mutual Respect and acceptance (tolerance)	Democracy Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=lmizwPXicSQ	https://www.youtube.com/watch?v=b2zG1b31y0	https://www.youtube.com/watch?v=5wxxmK3UkMs	https://www.youtube.com/watch?v=H7vAbyWV0Ec	https://www.youtube.com/watch?v=G010C0eYMr8	https://www.youtube.com/watch?v=OaX_zGZ00Y8
Personal Development	P1 Self-understanding P6 Contribution to others,	P2 Decision Making the school and the community	P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding	P5 Social development & collaboration	P5 Social development & collaboration	

Year 4						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Along Came a Different	Dogs Don't Do Ballet	King and King	Aalfred and Aalbert	When Sadness Comes to Call	Julian is a Mermaid
						
We Are Learning...	To help someone accept difference	To choose when to be assertive	To understand why people choose to get married	To find common ground	To look after my mental health	To show acceptance
RHE/PSHE Themes	Accepting difference	Self-confidence	Relationships	Friendships	Mental Health	Community Identity Accepting others
British Values	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty (self-help)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=q_bisPzxWM	https://www.youtube.com/watch?v=mGDjbmHo_bA	https://www.youtube.com/watch?v=D9LVEY2JVlQ	https://www.youtube.com/watch?v=vo9BH1fbpo	https://www.youtube.com/watch?v=5tbaxha6rs	https://www.youtube.com/watch?v=62HGR_e_QuhU
Personal Development	P1 Self-understanding P6 Contribution to others,	P2 Decision Making the school and the community	P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding	P5 Social development & collaboration	P8 Staying safe and keeping healthy	

Year 5						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Kenny Lives with Erica and Martina	Mixed	How to Heal a Broken Wing	The Girls	The Only Way is Badger	And Tango Makes Three
						
We Are Learning...	To consider consequences	To consider responses to racist behaviour	To recognise when someone needs help	To explore friendship	To consider language and freedom of speech	To exchange dialogue and express an opinion
RHE/PSHE Themes	Accepting and celebrating difference	Race and Racism	Helping others Choosing to help	Friendship	Pupil Voice Freedom of speech	Prejudice, different ideas and co-existence
British Values	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Individual Liberty Democracy Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=QU6uFPbWGZw	https://www.youtube.com/watch?v=SlbGiotNs4M	https://www.youtube.com/watch?v=blukq16CIU	https://www.youtube.com/watch?v=ct1Odr1A6U&t=19s	https://www.youtube.com/watch?v=8YANw78y68E	https://www.youtube.com/watch?v=bgZHD4SKmQU
Personal Development	P1 Self-understanding P6 Contribution to others,	P2 Decision Making the school and the community	P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding	P5 Social development & collaboration		

Year 6						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	King of the Sky	Rose Blanche	Leaf	Introducing Teddy	The Island	A Day in the Life of Marlon Bundo
						
We Are Learning...	To consider responses to immigration	To justify my actions	To overcome fears about difference	To show acceptance	To challenge the causes of racism	To consider democracy
RHE/PSHE Themes	Empathy/Immigration	Religion, Race, Prejudice, Discrimination	Celebrating differences	Identity, Friendship	Race, Refugees, Prejudice, Tolerance, Bullying	Democracy, Marriage
British Values	Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Individual Liberty
Links	https://www.youtube.com/watch?v=Rva2369AUnI	https://www.youtube.com/watch?v=0xc8twATyk	https://www.youtube.com/watch?v=H-FK8HocVaU	https://www.youtube.com/watch?v=IOkAs6wCZss	https://www.youtube.com/watch?v=IqTt2KWxZNA	https://www.youtube.com/watch?v=ibT8Kpi1k7M
Personal Development	P1 Self-understanding P6 Contribution to others,	P2 Decision Making the school and the community	P4 Moral understanding & responsibility for own behaviour P7 Respecting diversity and cultural understanding	P5 Social development & collaboration		

Jigsaw Content

Jigsaw covers all areas of PSHE for the primary phase, as the table below shows:

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations and resilience building
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices (on and off line)
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2:	Changing Me	Includes Sex and Relationship Education in the context of looking at and managing change