

PSHE & RHE at Hujjat Primary School: Parent Information

Helping parents support children's social and health learning



PSHE & RHE

PSHE & RHE Overview

PSHE and RHE support children's growth into confident, caring, and responsible individuals through an Islamic values-based approach.

Age-Appropriate Education

Lessons are sensitive, age-appropriate, and rooted in safeguarding, addressing emotions, relationships, and safety at each development stage.

Parental Partnership

The school partners with parents to build trust and encourages open communication about PSHE and RHE content and purpose.

Holistic Child Development

PSHE and RHE nurture emotional wellbeing, strengthen character, and empower children to make positive and safe choices.



Our Vision and Islamic Values

School Vision and Ethos

Our vision focuses on academic, social, emotional and spiritual flourishing within an inclusive, happy school environment.

Core Islamic Values

Integrity, Respect, Compassion, Excellence, Gratitude and Service are embedded through real-life learning experiences.

Respect and Inclusion

Education nurtures respect for self, others, and diverse backgrounds, supporting inclusion and dignity for all children.

Faith-Aligned PSHE and RHE

PSHE and RHE are taught consistent with Islamic faith and statutory requirements, promoting modesty, empathy, and responsibility.



Key Learning Areas in PSHE & RHE

Relationships Education

Children learn about families, friendships, respectful behaviour, and how to resolve conflicts kindly.

Health and Wellbeing

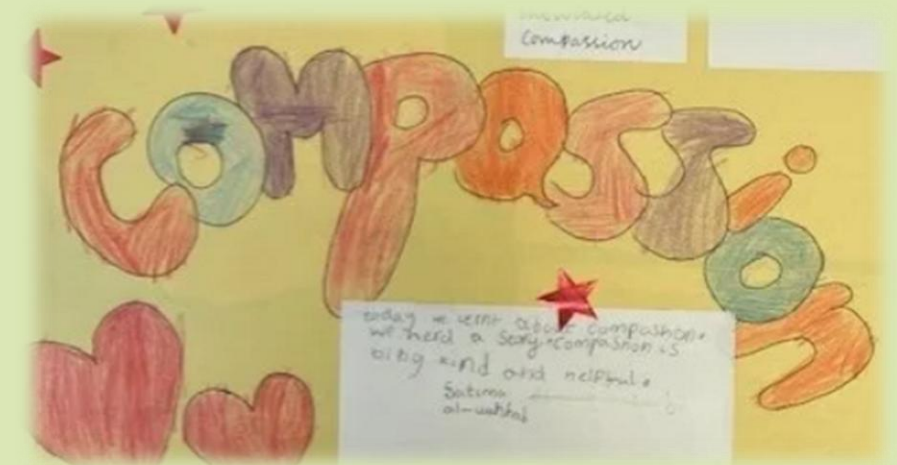
Teaching physical health, healthy habits, mental wellbeing, emotion recognition, and resilience building.

Personal and Online Safety

Focus on personal safety, body boundaries, trusted adults, and age-appropriate online safety education.

Living in the Wider World

Education on diversity, community, citizenship, financial basics, and developing responsibility and confidence.



How the PSHE & RHE Curriculum is Organised



Created and Loved by Allah

Focuses on self-awareness, self-worth, and personal wellbeing to build positive self-esteem and emotional health.

Created to Love Others

Develops empathy, cooperation, and communication skills, emphasizing kindness and respect in relationships.

Created to Live in Community

Teaches roles, responsibilities, diversity, citizenship, and safety including road and digital safety.

Progressive and Age-Appropriate Learning

Curriculum revisits topics to provide depth and continuity, ensuring balanced and purposeful development.

Statutory and Core Topics Covered

Relationships Education

Covers families, friendships, respectful and online relationships to teach healthy boundaries and mutual respect.

Health Education

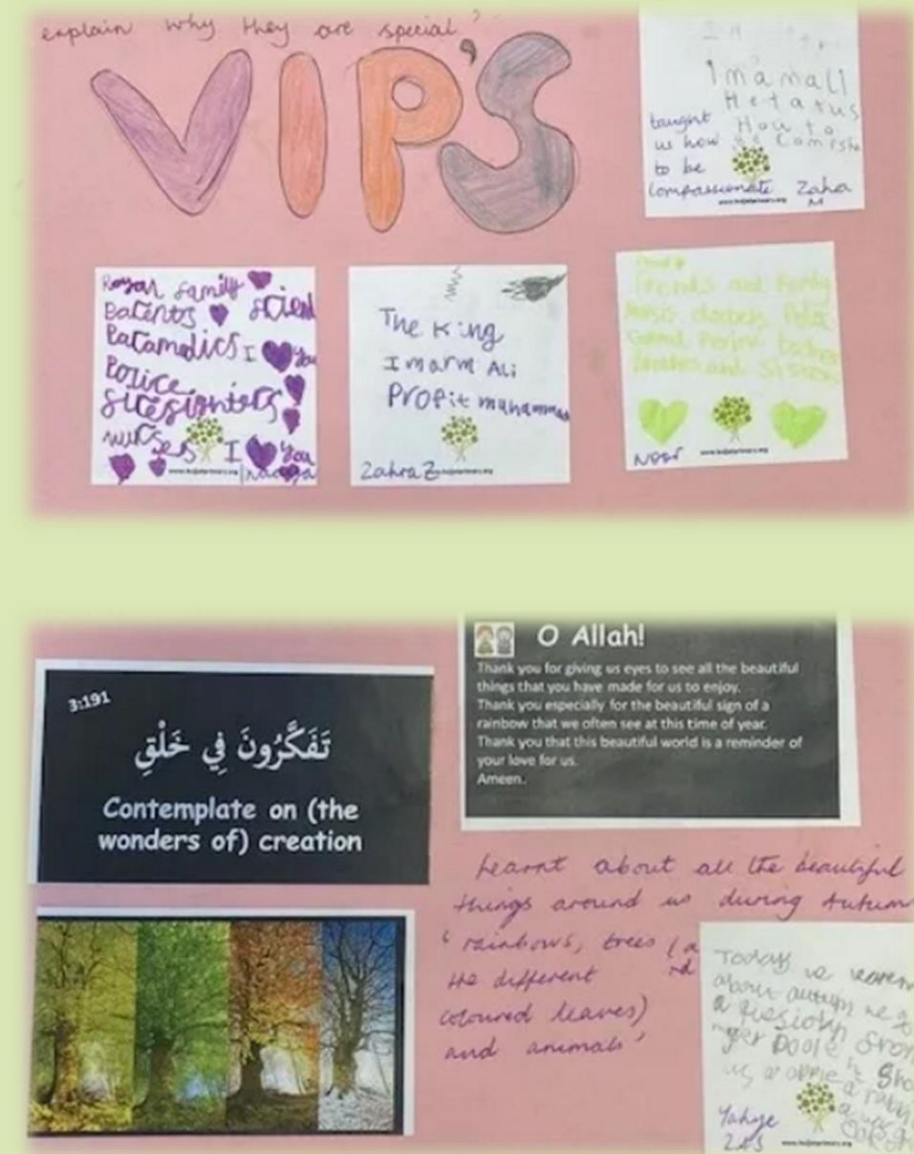
Focuses on mental and physical wellbeing, nutrition, hygiene, and age-appropriate body changes education.

Online Safety and Digital Wellbeing

Teaches privacy protection, recognizing unsafe online behavior, and respectful digital communication.

Living in the Wider World

Covers diversity, community values, financial literacy, goal setting, and responsible decision-making.



Progression from EYFS to Year 6



Early Years Foundation Stage

Focus on feelings, friendships, sharing, turn-taking, and belonging to build a strong social foundation.

Key Stage 1 Development

Emphasis on emotions, teamwork, kindness, personal hygiene, and basic safety including online awareness.

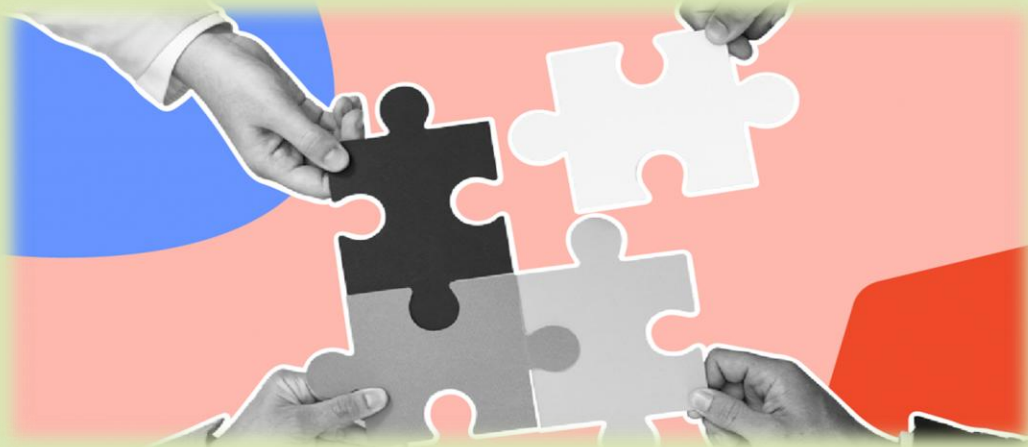
Lower Key Stage 2 Growth

Deeper communication, empathy, conflict management, wellbeing, choices, and growing independence skills.

Upper Key Stage 2 Preparation

Preparation for adolescence with topics on puberty, emotional changes, digital wellbeing, and peer pressure.

Partnership Between School and Home



Collaborative Teaching Approach

The school works openly with parents to teach PSHE and RHE effectively through partnership and shared values.

Advance Notification on Sensitive Topics

Parents are informed ahead about sensitive lessons enabling preparation for supportive home conversations.

Open Dialogue and Transparency

The school encourages open discussions with parents to address concerns and build trust and reassurance.

Consistent Guidance for Children

Strong school-home partnership helps children gain confidence, resilience, and positive self-esteem.

Keeping Children Safe and Supported



Body Safety and Consent

Children learn about body safety, personal boundaries, and respecting consent in an age-appropriate and sensitive way.

Trusted Adults and Speaking Up

Pupils are taught to identify trusted adults and encouraged to speak up when feeling unsafe or uncomfortable.

Online Safety and Digital Risks

Lessons cover protecting personal information, recognizing online risks, and managing cyberbullying and screen time.

Staff Training and Confidentiality

School staff are trained to handle disclosures sensitively while maintaining confidentiality and safeguarding procedures.

Smartphone Free



HUJJAT PRIMARY SCHOOL



**We are a smart phone
free school**

**To uphold Islamic values of respect
and purposeful learning, our
school is smartphone-free.**

Being Safe and Smart



HUJJAT PRIMARY SCHOOL

WE ARE SAFE AND SMART

We learn about safety, do our best to follow safety rules and put our trust in Allah to help us "...Indeed Allah will not change the condition of people until they change what is in themselves..." (Holy Quran 13:11)

 we travel safely	 we cross the road safely	 we ride bikes and scooters safely
 we are responsible and safe online	 we speak with trusted adults who keep us safe	 we understand fire safety
 we are food smart	 we stay active and healthy	 we are happy, safe and successful

Additional Information



Access our school website for:

- ✓ RHE – PSHE Policy
- ✓ PSHE Planning
- ✓ PSHE Curriculum Overview
- ✓ Smartphone Free poster
- ✓ Being Safe poster



HUJJAT PRIMARY SCHOOL