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**Approved by: School Governing Body,**

**Responsible Person: Director of the International School**

**PSHE & RSE Programme of Study**  
**Leonardo V Academy**  
**2025/2026**

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## Rationale

A whole-school, integrated PSHE (Personal, Social, Health & Economic) education prepares students for life today and tomorrow. As educators, **Leonardo V Academy (LVA)** recognises that what we teach in the classroom influences the outlook, thoughts, opinions, and attitudes of our students—not only now, but as they take their first steps into successful adulthood. LVA hopes that the education our students receive will foster lifelong aspirations, goals, and values.

With this in mind, PSHE education is not simply another school subject. It is the cross-curricular backbone of any place of learning. PSHE provides every child and young person with an equal opportunity to develop the skills and knowledge they need to thrive now and in the future. This includes helping them navigate critical issues they face daily, such as friendships, emotional wellbeing, and change. It also aims to give them a solid foundation for the challenges and opportunities ahead, enabling them to face an uncertain world with confidence.

From making informed decisions about alcohol to succeeding in their first job, PSHE education helps students prepare for the opportunities, challenges, life decisions, and responsibilities they will encounter. This, in turn, creates a “virtuous circle,” whereby pupils with better health and wellbeing achieve better academically and enjoy greater success. When taught well, a strong PSHE education becomes an essential component of school life—valued by students, teachers, and parents alike.

A quality PSHE programme of study sits alongside many other **LVA** initiatives and policies. A key component of this is a dedicated RSE (Relationships & Sex Education) curriculum, which is compulsory in UK schools. As a British School Overseas (BSO), **LVA** is committed to offering a meaningful PSHE & RSE programme that serves our unique international context. The teaching of these topics is also recommended by the Ministry of Health, Education, Youth & Sports in the Czech Republic.

Internally, within **LVA**, this programme of study complements our Global Perspectives & Soft Skills Development Programme, as well as our commitments outlined in the Child Education & Safeguarding, Personal Device, Health & Safety, Positive Behaviour, and Dress Code policies.

The key influence for this programme of study is the PSHE Association. The UK’s Department for Education funds this organisation to support schools in implementing statutory guidelines on PSHE & RSE. These formal guidelines can be found here: *Relationships Education, Relationships & Sex Education & Health Education*.

## Purpose of the Programme of Study

This document is not a rigid policy of learning points and outcomes. It is a programme of study designed to guide, influence, and support all members of **LVA** in understanding the school’s approach to PSHE education. Educators can use the programme and overviews to ensure high-quality teaching;

parents can understand what is being taught and when; and students can reflect on these topics both inside and outside school. The core themes are:

1. **Health and Wellbeing**
2. **Relationships**
3. **Living in the Wider World**

## Goals of the PSHE Programme

The PSHE programme aims to:

- Help create a safe and successful learning environment
- Promote the spiritual, moral, cultural, mental, and physical development of students, both within school and in wider society
- Prepare students for the opportunities, responsibilities, and experiences of later life
- Support and strengthen school community cohesion
- Encourage the mental and emotional wellbeing of young people, and help them develop the tools to manage life's demands
- Teach students about friendship and encourage them to consider the perspectives of others
- Support young people in understanding who they are and who they aspire to become
- Promote positive personal hygiene and self-care