

# Strengthening PSHE in Schools Initiative 2024 - 2025

## Overview

From September 2024 to July 2025, Christ Church Primary School, Hampstead led a borough-wide initiative to enhance Personal Social and Health Education (PSHE) curriculum leadership and provision across Camden's primary schools. Working in partnership with the Camden Learning PSHE adviser, the initiative aimed to provide school-based expertise, bespoke support, and enriched professional development for PSHE leaders and Early Career Teachers (ECTs). The initiative built on Camden's existing PSHE network and responded to the growing importance of personal, social, health and economic education in supporting pupil wellbeing, safeguarding, and character development. It aligned with national priorities around statutory Relationships and Health Education and the DfE's emphasis on whole-school approaches to wellbeing.

*"The information you shared and the offer of support was greatly received."*

## Goals and Intentions

The initiative set out to:

- Co-plan and co-deliver termly PSHE leaders' network meetings.
- Provide bespoke school-to-school support for new and developing PSHE leaders.
- Contribute to the review and development of Camden's PSHE curriculum materials.
- Support the Camden Health Commissioner's review of Sexual Wellbeing and Reproductive Health.
- Deliver PSHE training for ECTs, focusing on curriculum confidence and responding to pupil questions.

## Why this and why now?

PSHE continues to evolve as a curriculum area, with increasing expectations around safeguarding, consent, mental health, and pupil voice. While Camden Learning already offered centralised support, schools needed more tailored, school-based input to meet diverse needs and contexts. Christ Church's PSHE leader brought extensive experience and a track record of high-quality provision. By sharing this expertise, the initiative aimed to strengthen leadership capacity, enrich curriculum design, and ensure that PSHE remained relevant, inclusive, and impactful across Camden schools.



## What we did

### **Network collaboration:**

Co-planned and delivered content for three PSHE leaders' meetings, including sessions on consent, auditing provision, child-led topics, and using Health Related Behaviour Questionnaire data.

### **School-to-school support:**

Provided bespoke guidance to five schools, including three new PSHE leaders, supporting curriculum development and documentation..

### **Curriculum development:**

Contributed to the review of Camden's PSHE materials and participated in the borough's consultation on sexual wellbeing education.

### **ECT training:**

Co-delivered a session for Camden ECTs focused on PSHE delivery, progression, and responding to pupil questions.

### **Hosting and modelling:**

Christ Church hosted a network meeting, showcasing pupil work and curriculum packs.

*"Thanks to you and the Year 6s again for having us to the school yesterday. It was so evident what a high standard PSHE is at Christ Church - with the children clearly able to recall what they'd learnt over multiple years. Really impressive to see."*

## Impact on Practice

- **Leadership development:** New PSHE leaders gained confidence, clarity, and practical tools to lead curriculum development in their schools.
- **Curriculum enrichment:** Schools trialled new models such as PSHE weeks and integrated child-led topics, improving pupil engagement and relevance.
- **Professional collaboration:** Strong links were built between Christ Church, Camden Learning, and other schools, creating a network of ongoing support.
- **ECT confidence:** Early career teachers reported increased understanding of PSHE and greater confidence in navigating sensitive topics.

*These outcomes align with research from the PSHE Association and the EEF, which highlight the importance of subject-specific CPD, peer collaboration, and contextualised support in improving curriculum leadership and pupil outcomes.*

## Key takeaways

### **School-based expertise adds value to centralised support**

Having a practising PSHE leader involved in borough-wide planning ensures relevance and practical insight.

### **Bespoke support builds confidence in new leaders**

One-to-one mentoring allows for open dialogue, tailored guidance, and accelerated development.

### **Flexible delivery models increase impact**

PSHE weeks, child-led topics, and curriculum audits help schools adapt provision to their context and pupil needs.

### **Collaboration strengthens professional networks**

Ongoing contact between schools fosters shared learning and sustained improvement.

### **Early planning and flexible funding are key**

Scheduling support in advance and using initiative funding flexibly enabled effective delivery despite logistical challenges.

### **ECTs benefit from targeted PSHE training**

Practical sessions on curriculum delivery and pupil engagement help build confidence and competence in early career teachers.

*"It was great and you shared so much... the sense they get of support and belonging really builds their commitment to our schools."*



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schools-led, education  
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