

Shottery St Andrew's CE Primary School



This policy is underpinned by our school vision based on the scripture,

*'Let your light shine before others,
that they may see your good deeds and glorify your Father in heaven.'*
Matthew 5:16

RSHE Policy

Date adopted by Governors:	September 2026
Date for policy review:	September 2027
Person responsible for review:	Headteacher
Signed by Chair of Governors	

Introduction

This policy outlines the approach taken by Shottery St Andrew's CofE Primary School to Relationships, Sex and Health Education (RSHE). It has been developed in consultation with staff, governors, parents and carers and reflects the school's Christian vision and values.

RSHE is an integral part of children's education and contributes to their personal development, wellbeing, safeguarding and preparation for life in modern Britain. Through RSHE, children develop the knowledge, skills and attributes they need to build positive relationships, make informed decisions and stay safe both online and offline. The school seeks to provide a safe and supportive environment in which all pupils can learn, ask questions and develop an understanding of themselves and the world around them.

Legal Context

This policy reflects the requirements of the Department for Education's statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education, which becomes mandatory from 1 September 2026.

The policy has been developed in accordance with:

Children and Social Work Act 2017

Education Act 1996

Equality Act 2010

Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019

Keeping Children Safe in Education (current edition)

Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education.

Relationships Education and Health Education are compulsory in all primary schools.

The revised statutory guidance places particular emphasis on:

safeguarding children

healthy and respectful relationships

online safety and digital wellbeing

personal safety

mental wellbeing

understanding change, loss and bereavement

correct anatomical terminology

recognising and responding to risk

equality, respect and inclusion.

This policy should be read alongside:

Safeguarding and Child Protection Policy

Behaviour Policy

Anti-Bullying Policy

Equality Policy

Online Safety Policy

PSHE Policy

Definition of RSHE

Relationships, Sex and Health Education supports children's spiritual, moral, social and cultural development. It equips children with the knowledge, skills and understanding they need to manage their lives now and in the future.

RSHE enables pupils to:

- develop healthy and positive relationships
- understand and respect differences
- recognise and manage risk
- keep themselves safe
- understand physical and emotional changes
- develop resilience and emotional wellbeing
- know how and where to seek support when needed.

RSHE forms a key part of the school's safeguarding curriculum and supports children in recognising abuse, exploitation, unhealthy relationships and unsafe situations.

Aims

The aims of RSHE at Shottery St Andrew's CofE Primary School are:

- to provide accurate, reliable and age-appropriate information
- to promote children's physical, emotional and mental wellbeing
- to help children form healthy and respectful relationships
- to build confidence, self-esteem and resilience
- to support children in recognising and managing risk
- to develop children's understanding of personal boundaries
- to equip children with the skills to stay safe online and offline
- to promote respect, equality and inclusion
- to enable children to identify trusted adults and seek help when needed
- to prepare children for the next stage of their education and for adult life
- to support children in understanding change, transition, loss and bereavement
- to develop positive attitudes towards diversity and difference, including those protected under the Equality Act 2010.

Roles and Responsibilities

Governing Body

The Governing Body is responsible for:

- ensuring the policy complies with statutory requirements
- monitoring implementation of the policy
- considering feedback from stakeholders
- reviewing the policy at least every three years or sooner if required
- ensuring the curriculum reflects the school's ethos and values.

Headteacher

The Headteacher is responsible for:

- overseeing the development and implementation of RSHE
- ensuring staff receive appropriate training
- supporting parental engagement
- ensuring statutory requirements are met

supporting the monitoring and evaluation of RSHE provision.

Subject Leader

The PSHE/RSHE Subject Leader is responsible for:

- leading the development of the curriculum
- supporting colleagues
- monitoring teaching and learning
- reviewing curriculum resources
- ensuring content remains current and compliant with statutory guidance
- communicating with parents and carers as required.

Staff

All staff are responsible for:

- delivering RSHE in accordance with this policy
- creating a safe learning environment
- responding appropriately to children's questions
- monitoring pupil progress
- following safeguarding procedures where concerns arise.

Curriculum Organisation

At Shottery St Andrew's CofE Primary School, Relationships, Sex and Health Education (RSHE) is delivered through our wider Personal, Social, Health and Economic Education (PSHE) curriculum.

We use Kapow Primary's RSE & PSHE Scheme of Work as the basis for our provision. The scheme has been designed to meet the statutory requirements for Relationships Education and Health Education and has been updated to reflect the revised statutory guidance effective from September 2026.

Kapow Primary provides a progressive and spiral curriculum from Reception to Year 6 through the following strands:

- Families and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship
- Economic Wellbeing
- Transition
- Identity (Year 6).

At Shottery St Andrew's CofE Primary School, pupils receive a dedicated weekly PSHE/RSHE lesson led by their class teacher.

Learning is enhanced through:

- Collective Worship
- Christian values
- positive relationships across the school
- behaviour expectations

pastoral support
enrichment opportunities
the wider curriculum.

Teachers may adapt learning appropriately to meet the needs of pupils, including those with SEND, whilst ensuring curriculum objectives are achieved.

Curriculum Content

In accordance with statutory guidance, pupils learn about:

Families and Relationships

family life
caring relationships
friendships
respect
kindness
inclusion
conflict resolution
seeking support from trusted adults.

Health and Wellbeing

mental wellbeing
physical health
healthy lifestyles
emotional literacy
self-care
resilience
managing feelings
recognising when support is needed.

Safety and the Changing Body

personal safety
online safety
privacy
consent
healthy boundaries
puberty
growing and changing
recognising unsafe situations.

Citizenship

rights and responsibilities
diversity

equality
community
democracy
British values.

Economic Wellbeing

money
budgeting
spending choices
aspirations and careers.

Online Safety and Digital Wellbeing

Children learn:

how to stay safe online
how personal information is shared
privacy and security settings
age restrictions
scams and misleading information
respectful online behaviour
how to seek help if worried about online content or interactions.

Personal Safety

Children learn about:

road safety
railway safety
water safety
fire safety
public-space safety
recognising risky situations
seeking support from trusted adults.

Change, Loss and Bereavement

Children are taught that:

change is a normal part of life
people experience loss and bereavement differently
a range of emotions are normal
support is available when needed.

Sex Education

Sex education is not compulsory in primary schools.

However, pupils are taught aspects of human growth and development through:

statutory Relationships Education
statutory Health Education
National Curriculum Science.

Following consultation with the school community, the following Year 6 lessons are identified as non-statutory sex education:

Year 6 Safety and the Changing Body – Lesson 5: Conception
Year 6 Safety and the Changing Body – Lesson 6: Pregnancy and Birth

Teaching and Learning

RSHE is taught through a variety of age-appropriate methods including:

discussion
role play
stories and scenarios
problem-solving activities
collaborative learning
reflection activities.

Teachers will:

establish clear ground rules
promote respectful discussion
use inclusive language
challenge stereotypes and prejudice
respond sensitively to pupil questions
provide appropriate differentiation
create a safe learning environment.

Correct Terminology

The school teaches the correct names for body parts, including genitalia, in an age-appropriate way.

Teaching accurate vocabulary supports safeguarding, promotes understanding of the body and enables children to communicate clearly if they have concerns or need help.

Visitors

External visitors may be used to enrich learning.

The school will ensure that:

visitors support rather than replace teacher-led learning
content is appropriate and consistent with school values
safeguarding procedures are followed
teaching materials are reviewed in advance
a member of staff is present during sessions.

Equality and Inclusion

Shottery St Andrew's CofE Primary School is committed to promoting dignity, respect and equality for all.

The RSHE curriculum reflects the requirements of the Equality Act 2010 and recognises the diversity of modern society and family life. Lessons foster respect and challenge discrimination, prejudice and bullying.

The school recognises that families may include:

- married parents
- unmarried parents
- single parents
- adoptive families
- foster families
- kinship carers
- grandparents as carers
- same-sex parents.

The curriculum will be accessible to all pupils, including those with SEND.

Right to Withdraw

Parents and carers cannot withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science.

Parents and carers may request that their child be withdrawn from the non-statutory sex education lessons identified above.

Where a request is made:

Parents should contact the school.

A discussion will take place with the class teacher and/or subject leader.

Teaching materials may be shared.

Alternative supervised learning will be provided.

Safeguarding

RSHE is an important part of the school's safeguarding responsibilities.

Staff recognise that discussions may occasionally lead to safeguarding disclosures. Any concerns raised will be dealt with in accordance with the school's Safeguarding and Child Protection Policy.

Staff will:

- create a safe environment for discussion
- never promise confidentiality
- follow safeguarding procedures where concerns arise
- liaise with the Designated Safeguarding Lead when necessary.

Support for Pupils

Children will be reminded that support is available if they are worried or upset about anything discussed.

Sources of support may include:

In School

Class teacher
Teaching assistants
Designated Safeguarding Lead
Senior leaders

External Support

Childline
NHS services
Local support agencies

Monitoring and Evaluation

The Headteacher and PSHE/RSHE Subject Leader will monitor and evaluate RSHE provision through:

lesson observations
learning walks
pupil voice activities
work scrutiny
curriculum monitoring
staff feedback
parent and carer feedback
assessment information.

The effectiveness of the curriculum will be reviewed regularly to ensure statutory compliance and continuous improvement.

Professional Development

The school is committed to ensuring staff are appropriately trained to deliver RSHE confidently, accurately and sensitively.

Professional development opportunities will be identified through:

monitoring activities
staff feedback
curriculum developments
changes in statutory guidance.

Communication of Policy

This policy will be:

published on the school website
available on request from the school office
reviewed in consultation with stakeholders

shared with staff and governors.

Parents and carers are encouraged to work in partnership with the school to support children's learning and wellbeing.