Earl Sterndale CofE Primary School

Relationships, Sex and Health Education (RSHE) & Personal, Social, Health and Economic Education (PSHE) Policy

Created on	Review Period	Date of review	Changes Made	Approved by FGB on
July 2026	1 year	July 2027	Significant rewrite due to DfE Guidance 2026	

Created/reviewed by: S Humpleby

Vision and Ethos

At Earl Sterndale CE Primary School, our vision of **"Making Good Decisions Together"** underpins all aspects of school life.

We believe that every child is created uniquely and should be supported to flourish academically, socially, emotionally and spiritually. Through our RSHE and PSHE curriculum, we aim to equip pupils with the knowledge, skills and attributes they need to build healthy relationships, develop resilience, keep themselves safe and contribute positively to their communities.

Our curriculum reflects our Christian values whilst recognising and celebrating the diversity of modern Britain. We seek to create a safe, inclusive and respectful environment in which all pupils feel valued and able to succeed.

As a Church of England school, our approach is informed by the Christian vision of dignity, respect, compassion and service. Our teaching reflects the Church of England's commitment to ensuring that all pupils are treated with respect and are able to flourish.

Statutory Requirements

This policy has been developed in accordance with:

- The Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (Department for Education)
- The Children and Social Work Act 2017
- The Equality Act 2010
- Keeping Children Safe in Education
- The SEND Code of Practice
- Relevant Church of England guidance, including *Valuing All God's Children*

Relationships Education is statutory for all primary-aged pupils.

Health Education is statutory for all pupils in state-funded schools.

Sex Education is not compulsory in primary schools, although schools may choose to provide age-appropriate sex education beyond the National Curriculum for Science.

This policy should be read alongside the school's Safeguarding and Child Protection Policy, Behaviour Policy, Online Safety Policy and Equalities Policy.

Aims

The aims of our RSHE and PSHE curriculum are to enable pupils to:

- develop positive and respectful relationships
- understand the importance of kindness, empathy and inclusion
- recognise healthy and unhealthy relationships
- understand how to keep themselves physically and mentally healthy
- develop emotional literacy and resilience
- stay safe both online and offline
- understand personal boundaries and consent in an age-appropriate way
- recognise risks and know how to seek support
- prepare for the opportunities, responsibilities and experiences of later life
- become responsible and active citizens

Curriculum Provision

We use the Kapow Primary curriculum, which is adapted where necessary to meet the needs of our pupils and mixed-age classes.

The curriculum is carefully sequenced to ensure progression across all year groups and is delivered through dedicated lessons as well as through Collective Worship, wider curriculum opportunities, visits, visitors and everyday interactions across school.

Relationships Education

Relationships Education forms the foundation of our curriculum.

Pupils learn about:

- families and caring relationships
- friendships
- respect for others
- kindness and empathy
- managing conflict
- online relationships
- understanding boundaries
- recognising trusted adults

- staying safe
- respectful behaviour both online and offline
- inclusion and diversity

Teaching reflects the understanding that families come in many different forms and that all pupils deserve to feel represented, valued and respected.

Health Education

Health Education helps pupils understand how to look after their physical and mental wellbeing.

This includes:

- physical health
- healthy lifestyles
- nutrition and exercise
- sleep
- personal hygiene
- mental wellbeing
- emotional regulation
- feelings and emotions
- online wellbeing
- medicines and keeping safe
- puberty and growing up

Teaching about puberty is a statutory requirement and is delivered in an age-appropriate manner.

Online Safety and Digital Wellbeing

As children increasingly live and learn in digital environments, online safety is an integral part of our curriculum.

Pupils learn:

- how to stay safe online
- the importance of privacy and personal information

- healthy use of technology
- respectful online behaviour
- recognising scams and misleading content
- age restrictions and online responsibilities
- how and where to seek help if they encounter concerning content or behaviour

Online safety is also reinforced through our computing curriculum and safeguarding procedures.

Sex Education

In addition to statutory Relationships Education and Health Education, the school may provide age-appropriate sex education to prepare pupils for transition to secondary school.

This may include:

- human reproduction
- conception
- pregnancy and birth

Content is delivered sensitively and in a manner that is appropriate to pupils' age and maturity.

Parents will be informed of the RSHE curriculum delivered within each year group and reminded of their right to request withdrawal from non-statutory sex education.

Responding to Pupils' Questions

We encourage pupils to ask questions and promote an open, supportive learning environment.

Teachers will answer questions in an age-appropriate manner and in line with safeguarding procedures. If a question is considered inappropriate for the whole class, the teacher may respond individually at a later time.

No member of staff can offer a child confidentiality if a safeguarding concern is identified. Any disclosures will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Inclusion and Equality

We are committed to ensuring that all pupils can access our RSHE and PSHE curriculum.

Teaching is:

- inclusive
- age-appropriate
- accessible for pupils with SEND
- respectful of different faiths, cultures and family backgrounds

All teaching is delivered in accordance with the Equality Act 2010 and reflects our commitment to dignity, respect and inclusion for all members of our school community.

Pupils with SEND

Teaching is adapted where necessary so that all pupils can access the curriculum.

Staff take account of pupils':

- age
- developmental stage
- prior learning
- communication needs
- additional needs

This reflects the expectation that RSHE should be accessible to all learners.

Safeguarding

RSHE is a vital part of our safeguarding curriculum.

Through RSHE and PSHE, pupils learn:

- how to recognise unsafe situations

- how to establish and respect boundaries
- how to seek help
- how to identify trusted adults
- how to report concerns

Where safeguarding concerns arise through lessons or discussions, staff will follow the school's safeguarding procedures.

Working in Partnership with Parents

We recognise that parents and carers are children's first educators and play a vital role in supporting their personal development.

The school is committed to working in partnership with parents and carers by:

- making this policy available on the school website
- consulting parents on significant changes to provision
- sharing curriculum information
- responding to questions and concerns
- sharing information about curriculum content and reminding parents of their right to request withdrawal from non-statutory sex education

This policy has been developed in consultation with staff, governors, pupils and parents.

The school is committed to maintaining open communication with parents and carers regarding RSHE provision and curriculum development.

Right to Withdraw

Parents do not have the right to withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request that their child be withdrawn from some or all of the non-statutory sex education delivered as part of RSHE.

Requests should be made to the Headteacher and will be considered in line with statutory guidance.

Roles and Responsibilities

Governors

Governors are responsible for approving this policy and monitoring its implementation.

Headteacher

The Headteacher is responsible for ensuring the curriculum is delivered effectively and in accordance with statutory requirements.

Staff

Teaching staff are responsible for delivering RSHE and PSHE in line with this policy.

Monitoring and Review

The Headteacher and Governing Board are responsible for monitoring the implementation and effectiveness of this policy.

The policy will be reviewed annually, or sooner if there are significant changes to statutory guidance or school practice.

Appendix A

The long-term plan for RSHE and PSHE can be found on the school website and forms part of the school's curriculum documentation.