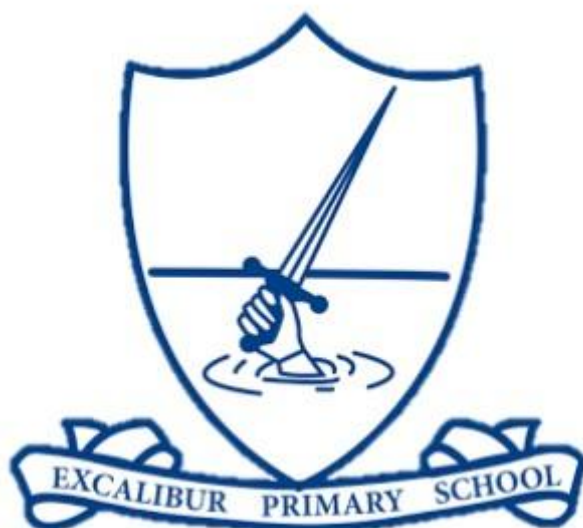


Relationships and Health Education Policy



The Relationship and Health Education Policy in respect of Excalibur Primary School has been adopted by the Governing Body

Chair of Governors: Ian White

Headteacher: Juliet Jones

Agreed and ratified on: 29th September 2026

To be reviewed September 2027

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1. Policy Statement

At Excalibur Primary School, we are committed to providing a high-quality, age-appropriate Relationships, Sex and Health Education (RSHE) curriculum that supports pupils' emotional, social and physical development.

Our RSHE programme helps pupils develop positive relationships, understand how to stay safe, maintain healthy lifestyles and prepare them for later life. We believe effective RSHE equips children with the knowledge, skills and values they need to make informed decisions, develop self-respect and show respect towards others.

Through a whole-school approach, we work closely with parents and carers to support pupils as they grow and develop. RSHE is delivered in accordance with current statutory guidance and reflects the values of our school community, promoting inclusion, equality, safeguarding and respect for diversity.

2. Aims

The aims of RSHE at Excalibur Primary School are to:

- Promote positive mental and physical wellbeing.
 - Develop self-esteem, confidence and resilience.
 - Foster healthy, respectful and positive relationships.
 - Encourage pupils to value themselves and others.
 - Prepare pupils for the physical and emotional changes associated with growing up.
 - Encourage healthy lifestyle choices.
 - Teach pupils how to stay safe both online and offline.
 - Help pupils recognise risk and know how to seek support.
 - Develop emotional literacy and self-awareness.
 - Enable pupils to understand, manage and communicate their feelings effectively.
 - Provide opportunities to discuss sensitive issues in a safe and supportive environment.
 - Prepare pupils for the opportunities, responsibilities and experiences of later life.
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3. Statutory Requirements

This policy complies with the requirements of the Children and Social Work Act 2017 and the Department for Education 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 school's curriculum is mapped against the statutory outcomes outlined within the Department for Education guidance and is reviewed regularly to ensure continued compliance with national requirements.

4. Principles

RSHE at Excalibur Primary School is delivered in accordance with the following principles:

- Learning is age-appropriate and developmentally suitable.
 - Teaching is inclusive and accessible to all pupils.
 - Diversity, equality and respect are actively promoted.
 - Pupils are encouraged to ask questions and express views respectfully.
 - Learning takes place within a safe and supportive environment.
 - Teaching contributes to safeguarding and pupil wellbeing.
 - Partnerships with parents and carers are valued and encouraged.
 - The curriculum reflects the school's responsibilities under the Equality Act 2010.
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5. Roles and Responsibilities

Governing Body

The Governing Body will:

- Ensure the school fulfils its statutory duties.
- Approve and review this policy.
- Monitor the effectiveness of RSHE provision.

Headteacher

The Headteacher will:

- Ensure effective implementation of the policy.
- Support staff delivering RSHE.
- Ensure appropriate resources and training are available.

RSHE Lead

The RSHE Lead will:

- Coordinate curriculum planning and delivery.
- Monitor provision across the school.
- Support staff and maintain resources.
- Evaluate the effectiveness of provision.

Staff

Staff will:

- Deliver RSHE in accordance with this policy.
- Establish a safe and respectful learning environment.

- Respond appropriately to pupils' questions.
- Follow safeguarding procedures when necessary.

Parents and Carers

Parents and carers are recognised as children's first educators in matters relating to relationships, health and wellbeing. The school values strong partnerships with families and seeks to work collaboratively to support pupils' development.

6. Organisation of the Curriculum

RSHE is delivered through a planned programme of learning primarily within PSHE education and is supported through assemblies, themed events and wider curriculum opportunities where appropriate.

Learning is progressive and builds upon prior knowledge and understanding. Teaching and learning opportunities are designed to ensure pupils revisit and deepen their understanding of key concepts throughout their primary education.

Methods of delivery may include:

- Discussion and reflection.
- Story-based learning.
- Group and paired activities.
- Role play and scenarios.
- Practical activities.
- Problem-solving tasks.

Learning is adapted to meet the needs of all pupils and ensure full participation.

7. Relationships Education

Relationships Education helps pupils develop the knowledge, understanding and skills necessary to form healthy, positive and respectful relationships.

Pupils learn about:

- Families and people who care for them.
- Caring friendships.
- Respectful relationships.
- Self-respect and respect for others.
- Online relationships.
- Personal boundaries and privacy.
- Bullying, including cyberbullying.
- Trusted adults and support networks.
- Keeping safe.

Children learn about honesty, kindness, trust, empathy and mutual respect. They are taught how to recognise unhealthy behaviours and how to seek help and support when needed.

8. Health Education

Health Education supports pupils in developing an understanding of physical health, mental wellbeing and healthy lifestyles.

Topics include:

- Mental wellbeing.
- Emotional literacy and resilience.
- Healthy eating and nutrition.
- Physical activity and fitness.
- Personal hygiene.
- Sleep and wellbeing.
- Personal safety.
- First aid awareness.
- Puberty and growing up.
- Internet safety and harms.
- Change and transition.
- Loss and bereavement.

Pupils learn that change is a natural part of life and are supported in understanding that loss and bereavement may affect individuals in different ways. They are taught strategies for seeking support and managing feelings during times of change.

Pupils are also taught the correct anatomical names for body parts in an age-appropriate manner to support safeguarding, health education and effective communication.

9. Online Safety and Digital Wellbeing

Online safety is embedded throughout the RSHE curriculum.

Pupils are taught:

- How to behave safely and respectfully online.
 - How to keep personal information secure.
 - The importance of privacy settings and digital footprints.
 - How information, images and data may be shared and used online.
 - How to recognise online scams, fraud and manipulation.
 - The risks associated with online gaming and in-app purchases.
 - The reasons for age restrictions on websites, apps and games.
 - How to critically evaluate online information and content.
 - How to report concerns and seek help.
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Teaching supports pupils to become safe, responsible and informed users of technology and digital media.

10. Personal Safety

Personal safety is taught throughout the curriculum and contributes to the school's safeguarding responsibilities.

Pupils learn:

- How to assess and reduce risk.
- Road safety.
- Water safety.
- Rail safety.
- Fire safety.
- Emergency procedures.
- How to seek help when worried or unsafe.
- The importance of trusted adults and support networks.

Teaching aims to develop pupils' confidence and ability to make safe decisions in a range of situations.

11. Primary Sex Education

All pupils receive the statutory National Curriculum Science requirements relating to human development, growth and reproduction.

The school may additionally teach age-appropriate content relating to puberty and preparation for adolescence. Such teaching will complement and support statutory Relationships and Health Education and will be delivered sensitively and appropriately.

Parents will be informed about any additional sex education content provided beyond the National Curriculum.

12. Inclusion and Equality

RSHE is delivered in a way that reflects the diverse nature of modern society and promotes respect for all individuals.

Teaching will be delivered in accordance with the Equality Act 2010 and will promote respect for people with different protected characteristics, backgrounds, beliefs and family circumstances.

All pupils will have equal access to RSHE learning opportunities and reasonable adaptations will be made where necessary to support participation and achievement.

13. Managing Questions

Pupils are encouraged to ask questions and discuss issues respectfully.

Staff will answer questions honestly, sensitively and in ways that are appropriate to pupils' age and understanding. Where questions fall outside planned curriculum content or are unsuitable for a whole-class discussion, professional judgement will be used in deciding how best to respond.

Ground rules will be established to promote respectful discussion and emotional safety.

14. Safeguarding

Safeguarding is central to all RSHE teaching.

Pupils are taught to recognise risks, understand personal boundaries, identify trusted adults and know how to seek help when needed.

Any disclosures or concerns arising during lessons will be managed in accordance with the school's safeguarding and child protection procedures.

15. Working with Parents and Carers

The school values positive partnership working with parents and carers.

We seek to:

- Inform parents about curriculum content.
- Share information and resources where appropriate.
- Respond constructively to questions and concerns.
- Encourage communication between home and school.

The school is committed to transparency and will make information about RSHE curriculum content and teaching resources available to parents upon request.

16. External Visitors and Providers

External visitors may occasionally contribute to aspects of the RSHE curriculum where their expertise enhances pupils' learning.

Responsibility for the planning, content and quality of RSHE remains with the school at all times. Any external materials and resources will be reviewed by school leaders to ensure they are accurate, age-appropriate, balanced and consistent with statutory guidance and school values.

17. Parental Rights

Parents do not have the right to withdraw their child from Relationships Education or Health Education, as these are statutory subjects.

Parents may request the withdrawal of their child from any non-statutory elements of sex education delivered beyond the National Curriculum for Science. Requests should be made in writing to the Headteacher and will be considered in accordance with statutory guidance.

18. Assessment

Assessment within RSHE focuses on knowledge, understanding and personal development.

Teachers use discussion, observation, reflection and pupil activities to inform future planning and evaluate understanding. Assessment does not seek to measure personal beliefs or values.

19. Confidentiality

Teachers cannot offer absolute confidentiality to pupils.

Where information raises safeguarding concerns, staff have a legal and professional duty to follow the school's safeguarding procedures.

Pupils will be reminded that their safety and wellbeing are always the school's priority.

20. Monitoring, Evaluation and Review

The Headteacher and RSHE Lead will monitor the implementation and effectiveness of this policy through:

- Lesson observations.
- Planning scrutiny.
- Pupil voice activities.
- Parent feedback.
- Staff feedback.
- Curriculum review.

Findings will be used to support continuous improvement and ensure ongoing compliance with statutory requirements.

21. Policy Review

This policy will be reviewed every two years, or sooner if required due to changes in legislation, statutory guidance or school circumstances.
