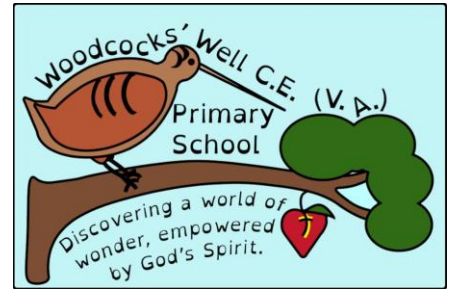


Relationships, Sex and Health Education Policy (RSHE)

- Amendments to policy: September 2025
- Review date: September 2026
- Full Governing Board



1. Introduction and Purpose

This policy outlines Woodcocks' Well CE (VA) Primary School's approach to Relationships, Sex and Health Education (RSHE). It is written in accordance with the statutory guidance from the Department for Education (DfE), "Relationships Education, Relationships and Sex Education (RSE) and Health Education" (July 2025).

This policy aims to:

- Provide pupils with the knowledge, understanding, skills and confidence to develop healthy, respectful relationships, both online and offline.
- Enable pupils to understand their own bodies and health, and to make informed choices about their well-being.
- Promote pupils' personal and social development, and prepare them for the opportunities, responsibilities and experiences of adult life.
- Reflect the school's Christian values, vision, and ethos, as well as the needs of all pupils, including those with SEND.
- Create a safe and supportive learning environment where pupils can ask questions and explore sensitive issues without fear of judgement.

2. Legislative Framework and Guidance

This policy is informed by the following legislation and guidance:

- The Education Act 1996
- The Children Act 1989 and 2004
- Keeping Children Safe in Education (latest version)
- Equality Act 2010
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, July 2025)

3. Aims and Objectives of RSHE at Woodcocks' Well

The aims of RSHE at Woodcocks' Well are to:

- Develop pupils' self-esteem and confidence.

- Promote respect for themselves and others.
- Equip pupils with the skills to form and maintain healthy relationships.
- Teach pupils about different types of families and relationships.
- Provide pupils with age-appropriate information about puberty, sexual health, and reproduction.
- Enable pupils to understand and manage risks, including online safety and exploitation.
- Promote healthy lifestyles, including physical and mental well-being.
- Develop pupils' understanding of consent and healthy boundaries.
- Foster critical thinking and decision-making skills.
- Prepare pupils for the transition to secondary school.
- To expose children to range of religions to further develop their understanding of diversity.

Objectives:

- By the end of Key Stage 1, pupils will:
 - o Understand the importance of friendship and treating others with kindness.
 - o Be able to identify different types of feelings and how to manage them.
 - o Know how to keep themselves safe, including online.
 - o Understand the importance of healthy eating and exercise.
- By the end of Key Stage 2, pupils will:
 - o Understand the different types of relationships, including friendships, family relationships, and romantic relationships.
 - o Be able to identify and respond to bullying and other forms of abuse.
 - o Have a basic understanding of puberty and sexual health.
 - o Know how to access support if they have concerns about their health or well-being.
 - o Understand the importance of respecting diversity and challenging prejudice.

4. Curriculum Content and Delivery

The RSHE curriculum at Woodcocks' Well will be delivered through a combination of:

- Discrete RSHE lessons
- Cross-curricular links with subjects such as Science, PSHE, Computing, RE, and PE.
- Collective Worship
- School events and activities
- External visitors and workshops

The curriculum will cover the following topics, tailored to the age and developmental stage of the pupils:

- **Relationships Education (Primary):**
 - o Families and people who care for me

- o Caring friendships
- o Respectful relationships
- o Online relationships
- o Being safe
- **Health Education (Primary):**
 - o Mental wellbeing
 - o Internet safety and harms
 - o Physical health and fitness
 - o Healthy eating
 - o Drugs, alcohol and tobacco
 - o Health and prevention
 - o Basic First Aid
 - o Changing adolescent body

The curriculum will be delivered in a way that is:

- Age-appropriate
- Inclusive and respectful of diversity
- Sensitive to the needs of all pupils, including those with SEND
- Evidence-based
- Engaging and interactive
- Reflective of the school's Christian values

5. Roles and Responsibilities

- Headteacher: Has overall responsibility for ensuring that the RSHE policy is implemented effectively.
- RSHE Lead is responsible for:
 - o Developing and reviewing the RSHE curriculum.
 - o Providing training and support to staff.
 - o Liaising with parents and the wider community.
 - o Monitoring and evaluating the effectiveness of the RSHE provision.
- Teachers: Are responsible for:
 - o Delivering the RSHE curriculum in a sensitive and age-appropriate manner.
 - o Creating a safe and supportive learning environment.
 - o Responding to pupils' questions and concerns.
 - o Signposting pupils to appropriate sources of support.
 - o Following school safeguarding procedures.

- Governors: Are responsible for:
 - o Approving the RSHE policy.
 - o Monitoring the implementation of the policy.
 - o Ensuring that the school has adequate resources to deliver effective RSHE.
- Pupils: Are expected to:
 - o Treat each other with respect.
 - o Listen to and respect the views of others.
 - o Ask questions and share their concerns.
 - o Follow school rules and guidelines.
- Parents/Carers: Are responsible for:
 - o Supporting their children's learning about relationships, sex and health.
 - o Communicating with the school about any concerns they may have.
 - o Attending parent consultation meetings.

6. Parental Engagement

Woodcocks' Well CE (VA) Primary School recognises the importance of working in partnership with parents to deliver effective RSHE. The school will:

- Consult with parents when developing and reviewing the RSHE policy.
- Invite parents to discuss the curriculum content and the importance of RSHE for wellbeing and safety.
- Support parents in managing conversations with their children about RSHE topics.
- Show parents a representative sample of the resources that we plan to use.
- Ensure that parents are able to view all curriculum materials used to teach RSHE on request.
- Provide parents with information about RSHE through newsletters, the school website, and parent meetings.
- Address any concerns that parents may have in a timely and respectful manner.

7. Safeguarding

The safety and well-being of pupils is paramount. This policy will be implemented in line with the school's safeguarding policy and procedures. All staff will be trained to recognise and respond to safeguarding concerns. Any concerns about a pupil's safety or well-being will be reported to the Designated Safeguarding Lead (DSL) immediately.

8. Inclusion and SEND

The RSHE curriculum will be inclusive of all pupils, regardless of their gender, sexual orientation, disability, ethnicity, religion, or socio-economic background. The curriculum will be adapted to meet the needs of pupils with SEND.

9. Monitoring and Evaluation

The effectiveness of the RSHE policy will be monitored and evaluated through:

- Pupil feedback
- Staff feedback
- Parent feedback
- Lesson observations
- Work scrutiny
- Pupil progress data
- Regular reviews of the policy

The findings of the monitoring and evaluation process will be used to inform future developments of the RSHE curriculum and policy.

10. Training and Support for Staff

The school will provide staff with appropriate training and support to deliver the RSHE curriculum effectively.

This will include:

- Initial training on the RSHE curriculum and policy
- Ongoing professional development opportunities
- Access to resources and support materials
- Opportunities to share best practice with colleagues
- Subject Specific CPD

11. Dealing with Sensitive Issues

The school recognises that RSHE can raise sensitive issues for pupils. Staff will be trained to deal with these issues in a sensitive and professional manner. Pupils will be given opportunities to ask questions and share their concerns in a safe and supportive environment. The school will have clear procedures for responding to disclosures of abuse or neglect.

12. External Agencies

Working with external organisations can enhance delivery of these subjects, bringing in specialist knowledge and different ways of engaging with young people, but schools always remain responsible for the content and the way in which children are taught. School will check that external resources are accurate, age and stage appropriate and unbiased. School will be particularly cautious about using resources from organisations that have a broader interest in promoting harmful products (e.g. cigarettes and alcohol) or that have a strong partisan view on a contested topic. School is responsible for checking the credentials of

any visitor or visiting organisation. School will ask to see materials and a lesson plan in advance, and should seek the views of parents, making sure that all materials can be viewed by parents.

13. Policy Review

This policy will be reviewed annually by the RSHE lead and the Headteacher, in consultation with staff, pupils, parents, and governors. The review will take into account any changes in legislation, guidance, or best practice.

14. Links to Other Policies

This policy is linked to the following school policies:

- Safeguarding Policy
- Behaviour Policy
- Anti-Bullying Policy
- SEND Policy
- Equality Policy
- Online Safety Policy

15. Conclusion

This RSHE policy is designed to provide pupils at Woodcocks' Well CE (VA) Primary School with the knowledge, understanding, skills, and confidence to develop healthy, respectful relationships and to make informed choices about their health and well-being. By working in partnership with staff, pupils, parents, and the wider community, the school aims to create a safe and supportive learning environment where all pupils can thrive.