



Redcastle Family School

Relationships, Sex and Health Education Policy

Formally adopted by the Governing Body of:	Redcastle Family School
On:	
Approved by the Governing Body	
Last updated:	September 2026
Review date:	September 2027



Purpose of the Policy

At Redcastle Family School, PSHE and RSHE form a key part of our commitment to pupils' personal development, safeguarding, wellbeing and preparation for life in modern Britain. The curriculum is designed to develop pupils' knowledge, skills, attributes and understanding so that they can stay safe, build positive relationships, maintain good physical and mental health and become responsible citizens.

This policy outlines how Redcastle Family School delivers PSHE, including statutory Relationships Education and Health Education, and non-statutory Sex Education, using the Kapow Primary PSHE & RSE Curriculum (2026 edition). It ensures teaching is:

- Statutory-compliant
- Safeguarding-aligned
- Inclusive and age-appropriate
- Progressive and skills-based

Statutory Framework

Redcastle Family School ensures that PSHE and RSHE contribute directly to safeguarding, personal development, pupil wellbeing and the promotion of British Values.

Redcastle Family School complies with:

- Education Act 2002
- Children and Social Work Act 2017
- Keeping Children Safe in Education (KCSIE) 2026
- Equality Act 2010
- DfE Statutory RSHE Guidance (2026 update)

2026 RSHE updates integrated

The curriculum fully incorporates:

- Consent taught from KS1
- Puberty taught factually for all pupils, including menstruation
- Menstrual wellbeing and access to products
- Body autonomy and safe/unsafe touch
- Online safety including harmful content, digital behaviour, and reporting
- Gender, identity and respect taught factually and safely
- Trusted adults and safeguarding pathways
- Clear vocabulary progression (e.g., "private parts", "consent", "puberty", "menstruation")

1. Curriculum Intent



At Redcastle Family School our PSHE and RSHE curriculum enables pupils to:

- develop healthy, respectful and safe relationships
- understand and manage their physical and mental wellbeing
- recognise risk and know how to seek help
- develop resilience, confidence and independence
- respect diversity and challenge discrimination
- understand rights, responsibilities and citizenship
- stay safe both online and offline
- prepare successfully for secondary education and adult life

The curriculum reflects the needs of our pupils and community whilst maintaining full statutory compliance.

Curriculum Organisation

The PSHE curriculum is organised into six core strands, each taught through a spiral progression from EYFS to Year 6:

Curriculum Strands

- Families & Relationships
- Health & Wellbeing
- Safety & the Changing Body
- Citizenship
- Economic Wellbeing
- Careers, Aspirations & Skills

The 2026 updated curriculum embeds RSHE content across these strands rather than isolating it.

Curriculum Features

- Weekly Kapow lessons are taught on a Friday.
- Knowledge organisers for each unit
- Vocabulary progression mapped across year groups
- SEND-inclusive adaptations
- Cross-curricular links (e.g., computing for online safety)
- Assemblies on a Monday morning aligned with curriculum units

Relationships Education

The *Families & Relationships* strand covers:

- Families and people who care for us
- Friendships, kindness and conflict resolution
- Respecting differences and diversity
- Consent and personal boundaries (KS1–KS2)
- Safe and unsafe touch
- Healthy and unhealthy relationships
- Recognising trusted adults



- Online behaviour and digital respect

Health Education

The *Health & Wellbeing* strand includes:

- Mental wellbeing and emotional regulation
- Healthy eating, exercise, sleep and hygiene
- Illness prevention and health protection
- Basic first aid
- Puberty and body changes
- Menstrual wellbeing
- Managing feelings and coping strategies

Safety & the Changing Body

This strand delivers the majority of statutory RSHE content:

- Body autonomy and consent
- Safe/unsafe situations
- Online safety, harmful content and reporting
- Private parts and correct anatomical vocabulary
- Puberty (all pupils)
- Menstruation (all pupils)
- Trusted adults and safeguarding
- Peer pressure and decision-making

Sex Education (Non-Statutory)

As a school, we have implemented optional Year 6 lessons on:

- How babies are conceived and born
- Sexual intercourse explained factually
- Healthy relationships and respect
- Consent and personal boundaries
- Myths, misinformation and peer influence

Parents may withdraw their child from non-statutory sex education, but not from statutory Relationships or Health Education.

Inclusion & Equality

The curriculum is designed to be inclusive of:

- Diverse families
- Cultural and religious backgrounds
- SEND needs
- Gender and identity (taught factually and safely)

The school meets its duties under the Equality Act 2010.



Teaching & Learning

Teaching approaches include:

- Scenarios and case studies
- Role-play and discussion
- Visual resources and diagrams
- Knowledge organisers
- Vocabulary teaching
- Practical demonstrations (e.g., hygiene, first aid)

Assessment

Assessment is based on:

- Kapow's skills progression framework
- Pupil voice
- Reflection tasks
- Teacher observation
- Knowledge organiser checks

The PSHE Lead monitors coverage and progression.

Safeguarding

Kapow's curriculum is fully aligned with safeguarding expectations. Staff:

- Use correct anatomical vocabulary
- Respond appropriately to disclosures
- Follow the school's safeguarding policy
- Teach pupils how to report concerns
- Reinforce trusted adult pathways

The DSL oversees safeguarding within PSHE/RSE.

Working with Parents

The school:

- Shares Kapow unit overviews annually
- Provides parent information sessions
- Offers opportunities to view Kapow materials
- Communicates withdrawal rights clearly

Staff Training

Annual training includes:

- Kapow curriculum updates
- Safeguarding and disclosures
- Teaching puberty and menstruation



- Consent and body autonomy
- Online safety
- 2026 statutory RSHE requirements

Monitoring, Evaluation and Impact

The PSHE Lead, Senior Leadership Team and Governors monitor:

- curriculum implementation
- lesson quality
- pupil engagement
- pupil voice
- progression of knowledge and skills
- safeguarding trends
- behaviour and wellbeing indicators
- staff confidence in delivery

Evidence is gathered through:

- monitoring activities
- learning walks
- work scrutiny
- pupil voice
- staff feedback
- curriculum audits

By the end of Year 6 pupils will demonstrate age-appropriate understanding of healthy relationships, personal safety, emotional wellbeing, citizenship and preparation for transition to secondary education.

These changes would make the policy read much more like an Ofsted-quality curriculum policy, linking intent, implementation and impact, embedding safeguarding throughout, and demonstrating awareness of current statutory expectations under KCSIE 2026 and the revised Relationships Education, RSE and Health Education Guidance effective from September 2026.

Policy Review

This policy is reviewed annually or sooner if statutory guidance or Kapow curriculum updates change.