

Relationships and Sex Education (RSE) and Health Education Policy



Highfields Academy & Nursery

1. Aims

At Highfields Academy & Nursery, our Relationships and Health Education (RHE) curriculum aims to:

- Provide a structured and safe framework in which sensitive discussions can take place.
- Support pupils to develop knowledge, skills and attributes needed to form positive, healthy relationships.
- Prepare pupils for the physical and emotional changes of growing up, including puberty, with an emphasis on health, hygiene and wellbeing.
- Promote self-respect, confidence, empathy and resilience.
- Create a respectful and inclusive school culture where diversity is valued.
- Teach pupils accurate, age-appropriate vocabulary to describe their bodies, feelings and relationships.

RHE supports our wider school ethos and underpins our safeguarding, behaviour and equality commitments.

2. Statutory requirements

We comply with the statutory requirements of the **Children and Social Work Act 2017** which requires all primary schools to teach **Relationships Education**.

We also teach the statutory elements of **Health Education**, and the biological aspects of sex education as set out in the **National Curriculum for Science**.

In delivering RHE, we have regard to:

- *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance* (DfE)
- The **Education Act 1996** (sections 403–407)
- The **Equality Act 2010**, including the Public Sector Equality Duty

Parents/carers do not have the right to withdraw their child from Relationships or Health Education, or from statutory science content.

3. Policy development

This policy has been developed through:

- Review of statutory guidance and best practice
- Reference to the DfE model policy and PSHE Association guidance
- Alignment with the **Coram Life Education – SCARF** scheme of work
- Consultation with staff

4. Intent

The intent of the RSHE curriculum is to:

- Equip pupils with the knowledge to understand themselves and the world around them.
- Provide high-quality, evidence-based, and age-appropriate teaching.
- Prepare pupils for the opportunities, responsibilities, and experiences of adult life.
- Foster positive relationships and self-efficacy.
- To be open and transparent with parents regarding the teaching of Relationships and Sex education.
- RSHE teaching will be inclusive of diverse families and provide accurate teaching reflective of the equality act 2010.

5. Curriculum

Whole-school approach

Our RSHE curriculum is taught through a spiral curriculum using the SCARF (Safety, Caring, Achievement, Resilience, Friendship) programme from Coram Life Education.

SCARF has been mapped against:

- The full DfE statutory Relationships and Health Education outcomes for the end of primary school
- The PSHE Association's Programmes of Study

Not every DfE statement is taught in every year. Instead, essential knowledge and skills are revisited and built upon in an age-appropriate, progressive way, ensuring all statutory outcomes are met by the end of Year 6.

6. Delivery of RSHE Curriculum

- RSHE is taught weekly through planned PSHE lessons using SCARF.
- Health-related content is also reinforced through science, PE and whole-school initiatives.
- Biological aspects of reproduction are taught through the statutory science curriculum.
- Lessons are delivered in a safe, supportive environment with agreed ground rules.

Teaching approach

We ensure that:

- Content is age-appropriate and developmentally suitable
- Learning is inclusive and accessible
- A range of teaching strategies are used, including discussion, stories, videos, role-play and reflection
- Pupils' questions are handled sensitively and honestly

In line with DfE guidance, the school **teaches sex education in Years 5 and 6**, focusing on:

- Puberty and the changes of adolescence
- Human reproduction (conception and birth)

This builds on statutory science content and is delivered using SCARF resources.

Parents/carers have the right to withdraw their child from **non-statutory sex education sessions**.

7. Inclusivity and SEND

RHE is taught in a way that:

- Reflects and respects a wide range of family structures
- Avoids stigma or assumptions about pupils' home lives
- Promotes equality and challenges discrimination

Teachers adapt lessons to meet the needs of pupils with SEND, in consultation with the SENDCo where appropriate.

8. Use of resources and external providers

- All RHE resources are reviewed by staff to ensure they are accurate, appropriate and aligned with statutory guidance.
- SCARF resources are the primary teaching tool.
- Any external contributors are vetted and supervised, and materials are shared with parents on request.

9. Roles and responsibilities

Governing board

- Approves the RHE policy
- Holds the headteacher to account for its implementation

Headteacher

- Ensures consistent delivery of RSHE across the school
- Manages parental withdrawal requests
- Ensures compliance with statutory guidance

Staff

- Deliver RSHE sensitively and professionally
- Model positive relationships
- Respond appropriately to pupil questions and safeguarding disclosures

Pupils

- Are expected to engage respectfully and thoughtfully in RSHE lessons
- Treat peers and staff with respect and sensitivity during discussions

10. Parents' access to materials and the right to withdraw

Relationships and Health Education are statutory. Sex Education beyond the science curriculum is optional at primary and delivered through discrete lessons; parents may request withdrawal from those lessons. All pupils will be taught puberty education (changing adolescent body) using accurate anatomical terminology before puberty.

Parents have the right to withdraw their children from non-statutory elements of sex education. Alternative work will be provided for withdrawn pupils.

We will publish our RSHE curriculum overview and provide parents with access to all teaching materials on request. We will not enter into any contractual terms that prevent parents from viewing RSHE content used in lessons.

11. Training and monitoring

- Staff receive RHE training as part of CPD.
- The PSHE lead monitors planning, delivery and pupil outcomes.
- This policy is reviewed **every two years** or sooner if statutory guidance changes.