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*Inspiring learning; nurturing minds; achieving for
life*



Rode Heath
PRE-SCHOOL

Relationships and Health Education Policy

Written by: Caroline Pecora **Date:** February 2026

Approved by: The Governing Board **Date:** March 2026

Review date: This policy will be reviewed in light of operating experience and/or changes in legislation or every three years whichever is soonest

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1. Aims

The aims of Relationships and Health Education (RHE), including Relationships and Sex Education (RSE), at Rode Heath Primary School are to:

- Provide a safe and supportive framework for the discussion of sensitive issues
- Prepare pupils for puberty and the physical and emotional changes they experience
- Support pupils to develop self-respect, confidence and empathy for others
- Promote positive attitudes towards healthy relationships and respect for diversity
- Teach pupils the correct and age-appropriate vocabulary to describe their bodies, relationships and feelings
- Enable pupils to make informed, safe choices and know where and how to seek help

2. Legislation and guidance

This policy is based on the Department for Education's statutory guidance:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, 2020)
- Revised statutory guidance published July 2025, statutory from **1 September 2026**
- Under the Children and Social Work Act 2017:
- Relationships Education is compulsory for all primary pupils
- Health Education is compulsory for all primary pupils
- Sex education is not compulsory in primary schools beyond the statutory Science curriculum

Schools must have regard to the statutory guidance and ensure teaching is age-appropriate, inclusive and sensitive to pupils' needs and backgrounds.

3. Policy development and review

This policy has been developed through consultation with:

- School staff
- Pupils (where appropriate)
- Parents and carers
- The Governing Board

The policy will be reviewed every three years, or sooner in response to changes in legislation or statutory guidance.

4. Definitions

Relationships Education (Primary): Learning about the fundamental building blocks of positive relationships, including friendships, family relationships, and relationships with peers and adults.

Health Education: Learning about physical health, mental wellbeing, healthy lifestyles, online safety, and recognising when and how to seek support.

Relationships and Sex Education (RSE): An age-appropriate programme that supports pupils' emotional, social and cultural development, including learning about human growth and development, puberty and healthy relationships.
RSE is not about promoting sexual activity.

5. Delivery of Relationships and Health Education and RSE

- RHE and RSE are primarily delivered through the **PSHE curriculum** in Rode Heath Primary this falls under the subject heading **Hearts and Minds**
- Biological aspects of human development and puberty are taught through the **Science curriculum**
- Elements may also be reinforced through PE, Computing (online safety), Design and Technology, and whole-school themes
- Across all key stages, pupils are supported to develop:
 - Communication and emotional literacy
 - Risk recognition and safety awareness
 - Assertiveness and decision-making skills
 - Self-respect and empathy for others
 - Conflict resolution and teamwork

Teaching is inclusive, respectful and reflective of the diverse society in which we live.

6. Roles and responsibilities

6.1 The Governing Board

The Governing Board is responsible for:

- Approving the policy
- Monitoring its implementation

- Holding the headteacher to account for delivery

6.2 The Headteacher

The Headteacher is responsible for:

- Ensuring the policy is implemented consistently
- Ensuring staff are supported and trained
- Managing parental withdrawal requests

6.3 Staff

Staff are responsible for:

- Delivering RHE and RSE sensitively and professionally
- Modelling positive attitudes and respectful behaviour
- Responding appropriately to pupils' needs and safeguarding concerns

Staff do not have the right to opt out of teaching statutory content.

6.4 Pupils

Pupils are expected to engage fully in lessons and treat others with respect and sensitivity.

7. Parents' right to withdraw

Parents have the right to withdraw their child from the **non-statutory elements of sex education**.

- Requests must be made in writing to the Headteacher
- The Headteacher will discuss the request with parents
- Alternative learning activities will be provided
- Parents may not withdraw their child from Relationships Education or Health Education.

8. Monitoring and evaluation

- Delivery of RHE and RSE is monitored by the Subject Lead (Mrs Caroline Pecora)
- Pupil understanding is monitored through lesson observation, discussion and informal assessment
- The policy is reviewed in line with the school's review cycle

9. Curriculum overview

Relationships Education

By the end of primary school pupils will have learned about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Relationships and Sex Education (additional content)

- Human growth and development
- Puberty and emotional changes
- Body confidence and self-care

Health Education

Pupils will learn about:

- Mental wellbeing
- Internet safety and online harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco awareness
- Health prevention and hygiene
- Basic first aid
- The changing adolescent body, including menstrual wellbeing

This policy should be read alongside the school's Safeguarding and Child Protection Policy, Behaviour Policy, Online Safety Policy, Hearts and Minds: SMSC Policy PSHE curriculum documentation.