



Reepham Church of England Primary School

PSHE and Relationships, Sex and Health Education combined Policy

Introduction

Our PSHE/ RSHE programme promotes the spiritual, moral, cultural, mental and physical development of all pupils at Reepham Church of England Primary School, preparing them for opportunities, responsibilities and experiences of later life. PSHE and RSHE are closely aligned so we have produced this overarching policy. As a maintained primary school, we must provide relationship and health education (RSHE or RSE) to all pupils, as per section 34 of the Children and Social Work Act 2017. For convenience we have stated this information in 'Part 1' of this policy, followed by the PSHE specific information in 'Part 2'.

This policy should be read in conjunction with our:

- Curriculum Policy;
- Relationship and Sex Education plan for Reepham C of E Primary School;
- Child Protection and safeguarding policy;
- And, during times of National Lockdown or school closures, any superseding Recovery Curriculum or Remote Learning updates.

Part 1: Relationships, Sex and Health Education

This policy has been created in line with the DfE statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (which can be found [here](#)) and also the Lincoln Diocesan Board of Education guidance document.

This policy has been developed in consultation with all stakeholders, including governors, staff, pupils and parents/carers. Our full 'Relationship and Sex Education plan for Reepham C of E Primary School' (available on the curriculum section of our website) was put to parental consultation and is frequently updated (see Consultation section).

A Definition of Relationships, Sex and Health Education for Church Schools:

All Church of England and Methodist schools within the Diocese of Lincoln are statutorily required to teach Relationships Education, Relationships and Sex Education and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RSHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RSHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Relationships Education is learning about how to:

- be appreciative of existing relationships
- to form new healthy relationships
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

The RSHE curriculum in our school covers 5 specific objectives: *To ensure pupils know about 1) Families and people who care for me, 2) Caring Friendships, 3) Respectful Relationships, 4) Online Relationships, and 5) Being Safe.*

Sex Education in primary schools is not mandatory; however, the National Curriculum for Science in primary schools includes content about human body parts, growth, puberty and reproduction. Parents/guardians do not have the right to withdraw from this aspect of the curriculum.

In Reepham Church of England Primary School we have decided that it is important to include additional aspects of the Sex Education curriculum to protect and prepare the children in our community. This is in Year 6 where we teach: How a pregnancy happens, How babies are born. The responsibilities involved in looking after a baby, What the age of consent is, Saying 'No' in a digital world, Sex and the law, Love, Marriage, Gender issues, different types of relationships and who to speak to if they have worries about personal health related issues.

Parents/carers do have the right to excuse their children from the above aspect of Sex Education where they do not link to statutory requirements for a primary school.

Statutory Requirements:

As a local authority maintained church school, we are statutorily required to provide Relationships Education to all pupils under section 34 of the Children and Social Work Act 2017. While we choose to provide additional Sex Education lessons, this is not a requirement, however we are required to teach elements of sex education contained within the Primary Science curriculum to all pupils. .

In teaching RSHE, we have regard to the guidance issued by the secretary of state as outlined in in [section 403 of the Education Act 1996](#).

RSHE Curriculum:

Our RSHE curriculum has been developed in consultation with various stakeholders, including governors, staff, pupils and parents/carers and takes into account the context of the school and its pupils. It has clear links to the Science and PSHE curriculum, covering:

- *Families and people who care for me*
- *Caring friendships and respectful relationships*
- *Internet safety, safe online relationships and the risks of online relationships*
- *Mental wellbeing*
- *Basic first aid, physical health and fitness, health and fitness, healthy eating, risks to health, e.g. drugs, alcohol, tobacco.*

This RSHE curriculum has been planned in the context of our broader curriculum intent, and the delivery of this part of the curriculum is one of the ways in which we seek to realise our overarching distinctively Christian vision. It reflects core Christian teachings about human beings and healthy relationships, including the belief that all are made in the image of God, are loved by God and are therefore to be treated with dignity and respect. This enables our pupils to understand that they should value the gift of themselves and recognise and respect this gift of uniqueness in others by seeking out healthy relationships. It will also help them understand a range of Christian views on the importance of long-term relationships as building blocks for family stability.

Delivery of RSHE:

RSHE is taught as part of the broader PSHE curriculum. Biological aspects of RSHE are taught within the Primary Science Curriculum and some elements of RSE may be taught within the RE curriculum, particular with relation to a range of views on relationships from religions and worldviews. Teaching is delivered by class teachers; some elements of RSHE education may be delivered by a trained

health professional (eg Positive Health Lincolnshire) . The school uses a range of resources to deliver effective RSHE and all staff involved in delivering RSHE receive appropriate training and support.

All RSHE is delivered with an understanding that pupils and staff may be personally engaged in different structures of support and familial relationships, including single parent families, LGBTQ families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc. The RSHE curriculum has been carefully designed to ensure that no person feels stigmatised; this is set within the context of the biblical teaching that all human beings are created in the image of God (Genesis 1:26-7) and that Christians are called to respect and honour everyone (e.g. 1 Peter 2:17).

Relationship Education (RSE) is often taught cross curriculum through other subjects and topics where links can be naturally made. Our school Values of “*We are a family*” and *Responsibility, Forgiveness, Love, Respect, Friendship, Co-operation* are embedded throughout the school and these, as well as our teaching of British Values, will incorporate many objectives from our RSE planning. RSE is also taught through PSHE sessions where all year groups cover 3 core themes: Health & Wellbeing, Relationships and Living in the Wider World.

Class PSHE sessions are always representative of the cohort and may be adapted to meet any specific cohort need. We also provide additional pastoral support for children using additional resources such as: Worry monsters, Time to Talk, Lego Therapy and “Think Good Feel Good” interventions.

Please see the schools document ‘Relationship and Sex Education plan for Reepham C of E Primary School’ which is published on the Curriculum section of our website. This document highlights which specific objectives are met in each year group.

Parental Right to Withdraw from Sex Education:

Parents/guardians do not have the right to withdraw their children from Relationships Education. Elements of Sex Education are included in the Primary Science Curriculum and parents/guardians do not have the right to withdraw their children from the Science Curriculum.

Parents have the right to withdraw their children from the non-science elements of Sex Education within RSHE. Requests for withdrawal should be put in writing to the head teacher. We will invite you to talk through your concerns, review the materials we use and explain our rationale.

Withdrawing your child from Sex Education remains a statutory right as a parent or legal guardian.

Consultation:

Full consultation on our RSE Plan was taken in 2019 and we published our full curriculum including PSHE and RSE (RSHE) elements (please check for any subsequent Curriculum Policy updates including RSE which may have been ratified between this policies review dates).

We usually publish our curriculum for full consultation every 4 years, but with 2 years of significant curriculum adaptations linked to COPVID-19, the next consultation will be done within a 6 year window.

Whenever a new family joins the school, we signpost these documents (available in the Curriculum section of our website) and we welcome any comments or queries. These comments will be presented to Governors during the next round of policy ratification. Any statutory updates or additional government guidance may supersede the school’s policy.

Part 2: Personal, Social, Health and Education, PSHE

The National Curriculum states that “*Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils’ education.* At Reepham Church of England Primary School, our ethos is “To Best Prepare Children For Life”. We facilitate this through the teaching of PSHE by teaching the children to become independent, responsible citizens who have an awareness for right and wrong. In line with the curriculum, the teaching of PSHE equips pupils to leave primary education with a solid understanding of social skills, moral beliefs and sex education and radicalisation. We have presented the RSHE elements separately at the top of this policy.

Intent:

Our school’s overarching intent for our pupils is to provide a Personal, Social, Health and Economic (PSHE) education programme of study, which ensures all children are provided with:

- Accurate, balanced and relevant knowledge to enable them to appreciate what it means to be a positive, tolerant member of a diverse, multi-cultural society.
- Opportunities to turn that knowledge into personal understanding
- Opportunities to explore, clarify, and, if necessary, challenge their own and other’s values, attitudes, beliefs, rights and responsibilities.
- The skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.
- Opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem and empathy.

Our children will be taught in a safe and supportive learning environment. We will ensure that, where a pupil indicates that they may be vulnerable and at risk, they will get appropriate support from staff members following the schools safeguarding and child protection policies.

Implementation:

The scheme of work has core themes, the same for each key stage. Each theme is divided into topic areas:

Whilst PSHE is split into core themes, in reality, there will always be extensive overlap. PSHE education addresses both pupil’s direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts. We feel that PSHE education should reflect the universal needs shared by all pupils as well as the specific needs of the pupils at our school.

Teachers are best placed to understand the needs of their pupils, and at Reepham Church of England Primary School, *PSHE* can encompass many areas of study and may be taught across the curriculum. It will also be taught as a discrete subject, following a carefully selected framework produced by 3D Dimensions. This was chosen as the basis as the coverage is full and detailed, it is updated to include additional material such as “radicalisation” and it enables teachers to select what best meets the needs of their pupils. This PSHE programme reflects the needs of pupils and equips pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. This syllabus contains many units relating to current issues within today’s world and society, whilst providing full coverage for all areas of PSHE. Lessons are taught through a variety of teaching and learning styles, such as role-playing, storytelling and games, and these are extremely effective when engaging pupils, making learning purposeful and gaining positive feedback from pupils. In addition to this, elements of PSHE are taught subtly and embedded throughout every contact made inside or outside of school, with every child and adult. This is carried out through our school values, as well as our links to the Church.

While the 3D Dimensions program remains the backbone of our PSHE curriculum, lessons will always be adapted to meet the needs of a specific cohort. See our long term PSHE and Wellbeing Overview to see how we essentially have 3 stages in delivering these curriculum areas:

Stage 1: Our Planned Curriculum

Stage 2: Character Education and Personal Development Opportunities

Stage 3: Tailored Interventions

Organisation and Provision:

We teach PSHE and RSE in a variety of ways. We have dedicated curriculum time/lessons, where the lessons are delivered using the scheme of work developed from the 3D Dimensions scheme. PSHE is also covered through other areas of the school's curriculum, for example, in Religious Education. In addition, PSHE is developed through whole-school activities and events:

- Our school council: representatives from each year group are voted and selected, and meet regularly to discuss school matters
- Residential visits in Year 6, where there is a particular focus on developing pupil's self-esteem and independence, giving them opportunities to develop leadership skills and positive group work.
- Themed weeks: our children take part in themed weeks and whole school events e.g. Children in Need, Lincs to Nepal etc.
- Visiting speakers
- A variety of clubs

We also ensure that we incorporate and respect all social, moral, spiritual and cultural issues, encouraging our children to think about their place within Britain as citizens. We include the five British Values (democracy, rule of law, individual liberty, mutual respect and tolerance of different beliefs/faiths) within all of our teachings as well as our school values of friendship, respect, forgiveness, co-operation, responsibility and love, to establish an effective and safe school environment.

Foundation Stage (Reception):

In the Foundation Stage, PSHE is taught as an integral part of the topic work covered throughout the year. We relate the PSHE aspects of the children's work to the areas of learning set out in the Foundation Stage guidance to develop a child's personal, emotional and social development. This is also supported in other areas of learning such as Knowledge and Understanding of the World, Communication, Language and Literacy (for EYFS Ages and Stages, see Appendix 1). Children in the Foundation Stage are also given a Year 6 buddy to help them in their first year of education at Reepham Church of England Primary School.

Teaching PSHE to children with SEN:

All pupils, regardless of their needs must be a part of PSHE and RSE lessons, as it is an important part of developing healthy relationships with their peers. We will respect pupil's unique starting points by providing learning opportunities that are matched with the individual needs of all children, including those who are gifted and talented, or have learning difficulties. When teaching PSHE, we consider the targets set for children in their Educational Health Care Plan (EHCP), some of which may be directly related to PSHE targets. For gifted and talented pupils, we will provide additional opportunities to take responsibility, develop leadership skills, think creatively and use their talents for the good of the class or the wider community.

Equality and Diversity:

At Reepham Church of England Primary School, PSHE education is accessible to every pupil. Teaching will take into account the ability, age, readiness, religious and cultural backgrounds of our pupils and those with English as an additional language (EAL), to ensure that all children can fully access our PSHE education provision, in accordance with the Equality Act 2010.

Assessment and Recording:

We will assess the pupils learning through valuing and recognising what pupils have done or completed successfully, thereby raising their self-esteem. In PSHE, there are two broad areas for assessment:

- Children's knowledge and understanding: for example, information on health, understanding of rules, understanding of health and safety procedures, and the meaning of ideas including democracy.
- How well children can use their knowledge and understanding in developing skills and attitudes: for example, through participating in discussions, group tasks and activities, managing conflict, making decisions and promoting positive relationships.

Pupils have PSHE lessons catered to their individual needs, age, key stage and readiness. This is recorded throughout the year via worksheets, photos, videos and discussions. Work is marked in line with the school's marking policy.

Resources:

Resources for PSHE are kept on the shared Google Drive. Each year group/key stage has its own folder containing a selection of PSHE resources. These are constantly added to and updated to keep in line with the individual needs of each child, as well as addressing current issues in the community and the wider world. Reepham Church of England Primary School uses the 3D Dimensions scheme 3D PSHE, a website that includes curriculum guidance, lesson plans and suggested resources.

Monitoring and Review:

The PSHE lead and SLT are responsible for monitoring the standards of children's work and the quality of teaching in PSHE. They support colleagues in the teaching of PSHE by giving them bespoke PSHE for their class needs as well as information about current developments in the subject.

Policy review has been allocated to the full governing body and will be reviewed every 2 years or sooner as required.

Date of review: Summer 2026