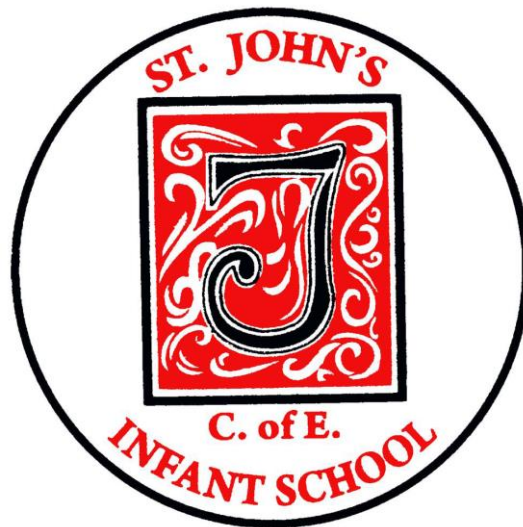


# RELATIONSHIP, SEX AND HEALTH EDUCATION POLICY

St John's Church of England Infant School



Approved	Date: September 2025
Review	Date: September 2026

From the smallest of seeds filled with faith and love, our St John's family will flourish and grow

All of our policies are written with the aim of improving our school and of realising our Christian vision:



**From the smallest of seeds fed with faith and**

**love our St John's family will flourish and grow.**

Our vision underpins every document, procedure and decision made within our setting. We are committed to enabling all members of our small community to **flourish and grow** through the values of faith and love and to ensuring that they go on equipped for 21<sup>st</sup> century living and to have a positive impact on the world.

*Based on the teachings of Matthew 13:31*

This policy has been developed in consultation with all stakeholders, including governors, staff, the children's school council and parents/carers. It takes into account the context of the school and the needs of its pupils.

### **Defining Relationships, Sex and Health Education Teaching**

RSHE is teaching children about the emotional, social and physical aspects of growing up, It is about teaching children how to build healthy relationships and make informed and healthy/safe decisions about sex. 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 at St John's School, our pupils 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.

### **Our aims**

Through our relationship teaching we aim to make sure that children can appreciate existing relationships, form healthy new relationships, know what healthy relationships are and teach them to enjoy strong positive, non-exploitative, caring relationships online and in person.

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Through our health education teaching we aim to equip children with the knowledge of what makes a healthy lifestyle, to inspire them to eat well, exercise regularly, develop effective mental health strategies and inform about the effects that drugs and alcohol can have.

Through our sex education teaching we aim to age appropriately ensure that both boys and girls are prepared for the changes that happen to their bodies and minds as they get older and we teach about life cycles, explaining scientifically the names for different parts of the body.

### **Statutory Requirements**

All schools are statutorily required to teach Relationships and Health Education but not necessarily Sex Education. At All Saints C of E Primary we have followed The Equality Act 2010 and DfE guidance and have decided that it is important to include a sex education programme tailored to the age and the physical and emotional maturity of our pupils in order to protect and prepare the children in our school for their future lives.

### **Withdrawing pupils from sex education lessons**

Parents have the right to withdraw their child from the discrete sex education lessons that the school delivers each year, however, they do not have the right to withdraw children from relationship, health and science education lessons.

If a parent wishes to withdraw their child from our sex education lessons, they should contact the school in writing stating their request. The Head Teacher or a senior leader will meet with the parent to discuss the parent's reasons. During this dialogue the school will emphasise the benefits of sex education lessons and show the parent the resources that will be used during the lessons. The school will make parents aware of the potential negative impact that withdrawing them could have on their child's social, emotional health. The school will respect each parents' wishes and if the request for a withdrawal stands, the school will provide alternative work for the child to do whilst the sex education lessons take place.

### **Delivery of RSHE lessons**

RSHE is interwoven into the school's broader curriculum and is not taught as a stand - alone subject. Many biological and health aspects of RSHE are taught within Science and PE, some aspects of morality and relationships within RE, staying safe in a digital world within Computing and other elements of RSHE are taught within everyday school life eg

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making positive choices, being resilient and acting as a responsible citizen.

Each term the school holds a designated 'values day' upon which staff block and deliver the government RSHE/PSHE recommendations in a consistent and well-structured way with progression in each year group planned for within the following school-wide themes:

- Being me in my world
- Celebrating difference
- Dreams and goals
- Healthy Me
- Relationships
- Changing me
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In addition to this the school delivers discrete teaching of sex education lessons in year group 2 towards the end of the summer term.

Our RSHE curriculum is delivered sensitively and takes account of the fact that pupils and staff may be personally engaged in different structures of support and familial relationships, including single parent families, LGBT families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc.

Our RSHE curriculum is carefully designed and resourced to ensure that all pupils including those with SEND can access it and flourish whilst developing the core skills of self-esteem, inner strength and resilience.

All teaching is delivered by class teachers and teaching assistants. All staff involved in its delivery receive appropriate training and support. If questions arise during these lessons that staff cannot answer through use of the school's curriculum content, they assure children that their question is a valid one, that will require a lengthy discussion, and this discussion should take place at home with the adult that cares for them.

### **The content of our RSHE curriculum**

See appendix A for curriculum content of our termly values days

See appendix B for curriculum content of our discrete sex education lessons

### **Monitoring**

RSHE lessons are monitored regularly by curriculum leaders. Constructive feedback on teaching is provided to teachers and feedback on pupil

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learning is shared with the senior leadership team. Standards of attainment in RSHE are monitored annually.

**Review**

Our RSHE curriculum is adapted and reviewed regularly to meet the needs of all our school pupils. Our RSHE policy is reviewed and updated in collaboration with all stakeholders of the school.

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